

University of Patanjali, Haridwar
Syllabus
B.A. Yoga Science
(CBCS System)

26-04-2022

SEMESTER 1st		Periods Per Week			Evaluation Scheme				
Core Course	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses Compulsory-I)									
BY-CT-101	Introduction of Yoga	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-102	Basic Psychological Processes	3	1		4	20	10	70	100
BY-CT-103	History of India from earliest time till the Mauryan Period	3	1		4	20	10	70	100
BY-CT-104	Tourism Concepts and Principles	3	1		4	20	10	70	100
BY-CT-105	संस्कृतम्-I	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-101	संस्कृतम्-I/ Hindi-I	3	1		4	20	10	70	100
AECC (Ability Enhancement Compulsory Course)									
BY-AECC - 101	Communicative English	3	1		4	20	10	70	100
Core Practicum									
BY-CP-101	Yoga Practicum-I	0	0	8	4	20	10	70	100
					20	TOTAL			500

Core Course
Paper Name: Introduction of Yoga
Paper Code: BY-CT-101

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

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

- Students will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional text

Unit-1: - General Introduction of Yoga:

(10 hours)

Origin and Meaning of the Word Yoga, Definitions of Yoga (Darshan, Upanishads, Bhagavad Gita) And Importance, Tradition and History of Yoga- From Vedas to Yogirishi Swami Ramdev (Vedic Period, Darshan Period, Tika Period, Bhakti Yoga and Hatha Yoga Period, Modern Period)

Unit-2: Form of Yoga in Various Scriptures:

(20 hours)

Vedas - Yoga Related Mantras, Upanishad- Yoga Elements in Kathopanishad, Shvetashvatara Upanishad and Major Yogopanishad, Shrimad Bhagavadgita- Jnana, Karma, Bhakti, Dhyana Yoga, Jain-*Triratna*, *Panchamahavrat*, And *Tapa* and *Dharma*, Buddhist - Ashtanga Marg, Anapan Dhyana Sadhana, Brahmavihar- Four infinite minds, Four Noble truths. Aryurveda- Yoga Elements in Charaka Samhita (Mumukshu Udayan-Charaka Sharir 5.12), Achar Rasayana (Charaka Samhita –Chikitsa Sthan 1.4.30-35)

Unit-3: - Basic Requirements of Yoga Practices:

(10 Hours)

Suitable Place for Yoga Practice, Time (Season-Time), Diet, Pathya- Apathya, Sadhak & Badhak Elements in Yoga Practice.

Unit-4: - Different Methods of Yoga:

(10 Hours)

Jnana Yoga, Karmayoga, Bhakti Yoga, Hatha Yoga, Raja Yoga, Mantrayoga.

Unit 5 - Life Character of Major Yogis:

(10 hours)

Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Guru Gorakshanath, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Maharishi Raman, Yogrishi Swami Ramdev

Prescribed Text Book:

1. रामदेवस्वामी, उपनिषदसंदेश-दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार, ।
2. दर्शन प्रवेश-दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. बालकृष्ण, आचार्य: योगविश्वकोष-, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।
4. रावत, अनुजा: (2018). योग और योगी, सत्यमपब्लिसिंगहाऊस, नईदिल्ली, 2018

Reference Books:

5. सिंह, नरेन्द्र: . (2021). हठयोग सार संग्रह, (हठ प्रदीपिका और घेरण्ड संहिता के सन्दर्भ में), कॉसबिल पब्लिकेशन, नई दिल्ली
6. पंत, पूर्णचन्द्र, . (2008). उपनिषदोंमें योगविज्ञान, आचार्यपूर्णचन्द्रपंत, नाहन, हिमांचलप्रदेश, द्वितीय संस्करण,
7. गृहस्थयोगसाधककेगुण- आचार्यबालकृष्णजी
8. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्ठमप्रकाशन, 2017
9. Saraswati, S. N. (2012). Gheranda Samhita. Yoga Publication Trust, Munger, Bihar, India.

Core Course
Paper Name: Basic Psychological Processes
Paper Code- BY-CT-102

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Max Marks: 70

Objectives:

- To familiarize students with the basic concepts of Indian and Western Psychology with an emphasis on application of Psychology in everyday life.
- To introduce the students to the general concepts of psychology.

1. Introduction:

- A. Meaning and Definitions of Psychology, Psychological thoughts in some major Eastern System: Bhagavad Gita and Buddhism
- B. Concept of Psychology as per Upanishads
- C. Goals and branches of Psychology
- D. Approaches of Psychology: Biological and behavioural

2. Methods of Psychology:

- A. Experimental Method: Meaning, definition, types, merits and demerits
- B. Observation method: Meaning, definition, types, merits and demerits
- C. Survey method: Meaning, definition, merits and demerits
- D. Questionnaire method: meaning, definition, merits and demerits

3. Perception:

- A. Meaning, definition and mechanism of perception
- B. Factors influencing Perception
- C. Laws of Perceptual organization
- D. Perceptual constancy: shape and size

4. Learning:

- A. Meaning definitions and types of learning.
- B. Factors affecting learning:
- C. Methods of learning
- D. Transfer of learning: positive, negative, zero and bilateral

5. Memory:

- A. Meaning, definitions and types of Memory: sensory, short-term and long term
- B. Components of memory: Encoding, storage & retrieval
- C. Factors affecting memory, enhancement of memory
- D. Forgetting: Meaning and Definition, causes of forgetting

Reference Books:

1. Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
2. Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.
3. Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins College.
4. Lefton, L.A. (1985). Psychology, Boston; Allyn & Baron.
5. Morgan, C. T. (2004). Introduction to Psychology. Mcgraw Hill

Text Books:

6. Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.
7. Jain, S. (2014). *Introduction to Psychology*. ISBN-13: 9788127256432.

Core Course
Paper Name- History of India
(From earliest times till the Mauryan period)
Paper Code- BY-CT-103

4 CREDIT
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

This course introduces to the students a gradual evolution of early civilization in Indian and polity from the age of Mahajanapadas to the age of foreign incursions during the Pre-Gupta period. Beginning with a general description of the political condition in the sixth century B.C., emergence of our early culture like Palaeolithic, Mesolithic, Neolithic, chalkolithic, Harappa and Vedic culture are described in the first two unit and political development of rising Magadha empire described in the third unit and Alexandra's invasion of Indian and the origin, development and decline of Mauryan empire are dealt with in last unit.

Unit I: Historical Sources and Pre-Historic Culture **(11 Lect.)**

Sources: Sources for knowing Indian history, importance of sources, types of sources- literary sources, archaeological sources and accounts of foreign travellers. Introduction to Prehistoric Cultures of India: Palaeolithic- Sohan Culture and Madrasian Culture, Mesolithic, Neolithic- Development of agriculture, invention of fire, invention of wheel. Tools and techniques of Prehistoric Period: Palaeolithic, Mesolithic, Neolithic. Pre Harappa Culture and other Chalkolithic culture.

Unit II: Vedic Culture **(12 Lect.)**

Harappa civilisation: Rise and development of urban civilization, economic, social, religious and cultural features, development of art, reason for change in the centre of culture. Gangetic Culture- Vedic period: Nature of Vedic literature; Political, Social, and Economic life in Rig-Veda and later Vedic period.

Unit III: Vedic Religion **(12 Lect.)**

Origin of Religious Traditions and Diverse Dimensions of Religion in the Indus Valley Civilization, Development of religion in Vedic period, worship of nature, increasing importance of Indra, importance of Agni, Varun, Rit and development of worship of Mother Goddess. Development of religious practices in the later Vedic period such as religious rituals, primacy of Yagya.

Unit IV: Reform of Religious structure **(11 Lect.)**

Upanishad religion: The concept of the soul and the Supreme Brahma. Jainism: The early life and teachings of Mahavira. Buddhism: The early life and teachings of Gautam Buddha.

Unit V: Political Condition of India from 6th Century B.C. to 2nd Century B.C. **(14 Lect.)**

Political Condition in the sixth century B.C. (Mahajanapadas and Republics), Rise of Magadha Empire: **Haryaka dynasty**: Bimbisara and Ajatshatru, Shishunag Vans, **Nand Vans**: Mahapadmananda and Ghanananda and Greek Invasion of Alexander, **Mauryan Dynasty**: Chandragupta Maurya: Early life and his Empire expansion, Bindusara, Asoka: Empire expansion, his edicts and Ashoka, Decline of Mauryan Dynasty.

Text Book:

Singh, U., A History of Ancient and Early Medieval India, From the Stone Age To The 12th Century, Delhi 2016.

Recommended Readings:

Sharma, L.P.: History of Ancient India,

Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.

Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.

Goyal, S. R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur

Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

Shastri, K. A. N., the Age of Nandas and Mauryas, Varanasi, 1967.

Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I –V (relevant chapters), Bombay, 1951-1957.

Jha D. N., Ancient India: In Historical Outline, 1997

Jha D. N., Early India: A Concise History, 2004

Core Course
Paper Name- Tourism Concepts & Principles
Paper Code- BY-CC-104

4 CREDIT

Final Exam (SEE)-35 Marks
Internal Assessment (CT+TA)-15Marks

Objective: This is an introductory module giving the basis of tourism studies. It will give an overview of tourism industry and various organizations.

Unit-I: Understanding Tourism: -

Tours, tourists, visitors, excursionists, travelers, resources, attractive, Tourism product concept. Tourism: Meaning, nature and scope, Tourism: Types, elements and components, Historical development of Tourism-Travel from ancient's time and in the middle age- the grand tour- Travel and tourism in the 19th century and after independence.

Unit-II: Determinants and motivators: -

Determinants and motivations in tourism, factors stimulating in the growth of tourism, (determinants) why the people wish to travel, (motivators) and influences of supply.

Unit- III: Major Tourism Services:-

Transportation: Types and relevance in tourism

Accommodation: Types and relevance in tourism

Travel Agencies and Tour-Operators: Overview and relevance in tourism

Unit-IV: The tourist Industry: -

Definition, characteristics of tourism product & services, kind of goods and services, sector of the tourism Industry, illustrative examples and tourism industry in relation to the tourism system.

Unit-V: Tourism Organization: -

WTO / UNWTO, PATA, IATA, ITDC etc.

Text Books: -

- Bhatia AK – Tourism Development Principles and practices sterline publication Ltd. 1995.
- Burkat and Madlik- Tourism Past Present and Future, Heinmenn Publishers 1981
- Cooper Flacher et al- Tourism Principles and practices Pitman1993.
- Mill, R.C., (1990), Tourism: The International Business, Pretience Hall, NewJersey.
- Mill and Morrison, (1992), the Tourism System: An Introductory Text, PrenticeHall.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - प्रथमवर्षः (प्रथमसत्रम्)

संस्कृतम्-I [4 credits]

Paper Code: BY-CC-105

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाहयाङ्काः - ७०

इकाई (१) भाषापरिचयः

लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि

इकाई (२) शब्दरूपपरिचयः

अजन्ताः - राम, हरि, गुरु, पितृ, गो, रमा, मति, नदी, वधू, मातृ, पुस्तक, दधि, मधु
हलन्ताः - जगत्, भगवत्, राजन्, करिन्, पयस्, विद्वस्, वाच, दिक्, गिर्, अहन्
सर्वनामानि - तद्, एतद्, यद्, किम्, इदम्, अस्मद्, युष्मद्

इकाई (३) अव्ययंतथासन्धिः

सामान्याव्ययानि, विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः

इकाई (४) क्रियापदपरिचयः (वाक्यरचना अनुवादश्च)

भू, पठ्, लिख्, गम्, दृश्, स्था, पा, सेव्, वस्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम्)

इकाई (५) वृत्ति-समासपरिचयः

कृद्वृत्तिः - क्त, क्तवत्, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्, क्त्वा, ल्यप्
समासाः - तत्पुरुषः, बहुव्रीहिः, द्वन्द्वः, अव्ययीभावः

इकाई (६) मूलरामायणम् - १-५०

श्लोकपठनम्, पदच्छेदः, पदपरिचयः

पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५ सूत्राणि)

सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
3. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

MIL (Modern Indian Language)

Paper Name- सामान्यसंस्कृतम्-१

Paper Code-BY-MIL-101

4 CREDIT

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

- इकाई (१) भाषापरिचयः**
लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि
- इकाई (२) शब्दरूपपरिचयः**
अजन्ताः - राम, हरि, गुरु, पितृ, गो, रमा, मति, नदी, वधू, मातृ, पुस्तक, दधि, मधु
हलन्ताः - जगत्, भगवत्, राजन्, करिन्, पयस्, विद्वस्, वाच्, दिक्, गिर्, अहन्
सर्वनामानि - तद्, एतद्, यद्, किम्, इदम्, अस्मद्, युष्मद्
- इकाई (३) अव्ययंतथासन्धिः**
सामान्याव्ययानि, विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः
- इकाई (४) क्रियापदपरिचयः (वाक्यरचना अनुवादश्च)**
भू, पठ्, लिख्, गम्, दृश्, स्था, पा, सेव्, वस्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम्)
- इकाई (५) वृत्ति-समासपरिचयः**
कृद्वृत्तिः - क्त, क्तवत्, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्, क्त्वा, ल्यप्
समासाः - तत्पुरुषः, बहुव्रीहिः, द्वन्द्वः, अव्ययीभावः
- इकाई (६) मूलरामायणम् - १-५०**
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

4. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
5. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
6. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

2. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

MIL (Modern Indian Language)

Paper Name- Basic Hindi

Paper Code-BY-MIL-101

4 CREDIT

Final Exam (SEE)-70 Marks

संप्रेषण कौशल (4 Credits)
(Sampreshan Kaushal)

	Hours
1. हिंदी व्याकरण	15
अ. स्वर-व्यंजन : वर्गीकरण	
आ. संज्ञा, सर्वनाम, विशेषण, क्रिया, लिंग, वचन, कारक	
इ. शब्द-उच्चारण : ध्वनि गुण	
2. भाषिक संप्रेषण : स्वरूप एवं प्रकार	15
अ. संप्रेषण : अवधारणा एवं महत्व	
आ. संप्रेषण के प्रकार – मौखिक और लिखित, वैयक्तिक और सामाजिक, व्यावसायिक	
इ. संप्रेषण की चुनौतियाँ	
3. संप्रेषण के माध्यम – एकाताप, संवाद, सामूहिक चर्चा, दृश्य -श्रव्य (व्यावहारिक प्रयोग अपेक्षित है)	15
4. प्रभावी संप्रेषण- गहन अध्ययन, कल्पनाशीलता, व्याख्यायित करना, चर्चा, विवेचन, विवाद, तर्कसंगत विश्लेषण, मूल्यांकन आदि के आधार पर निम्नलिखित कहानियों, कविताओं, फिल्मों का मूल्यांकन करना अनिवार्य है ।	15

कहानियाँ – चंद्रधर शर्मा गुलेरी - उसने कहा था

यशपाल - फूलों का कुरता

मन्नू भंडारी - यही सच है

ओमप्रकाश वाल्मिकी - ब्रह्मण

कविताएँ – नागार्जुन- प्रेत का बयान

केदारनाथ सिंह - बनारस

दुष्यंत कुमार - मैं जिसे ओढ़ता - बिछाता हूँ ,

केदारनाथ अब्दुल - सब चलता है लोकतंत्र में

फिल्म – एक कला फिल्म, एक व्यावसायिक फिल्म

AECC (Ability Enhancement Compulsory Course)

Paper Name: Communicative English

Paper Code: BY-AECC-101

4 CREDIT

Final Exam (SEE)-70Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

Unit 1- Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams

Unit 2- Enhance reading, understanding and writing abilities in English

Unit 3 -Develop the ability to read, understand and improve English vocabulary

Unit 4 - Demonstrate conversational skills, Asking Questions

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1: -Syllables (stress in simple words), Rhythm, Intonation,

15 Hours

& Revision of Basic Grammar

- Tenses
- Prepositions
- Articles
- Conjunctions
- Modals
- Direct and indirect Speech

Unit-2: Reading & Writing

15 Hours

- Vocabulary- Homophones, Homonyms
- Analytical Skills
- Editing Skills- Error Correction
- Article Writing
- Reading Comprehension

Unit-3: Listening –

15 Hours

- Audio books
- Podcasts
- Speeches of various renowned Yoga Masters
- Ted Talks

Unit-4: - Spoken English

15 Hours

- Accents and dialects
- Extempore
- Oral Report,
- Debates and GDs
- Public Speaking Skills
- Leadership
- Team Work

Text books:

English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy

Suggested Sources:

Britishcouncil.org

Core Practical
Paper Name: Yoga Practicum-I
Paper Code: BY-CP-101 Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- Understand the benefits, procedure and contraindications of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

Unit I: Eight Baithak by Yogrishi Swami Ramdev ji

Ardhbaithak, Purnabaithak, Rammurtibaithak, Pahalwani baithak-1, Pahalwanibaithak-II.
Hanuman baithak -1, Hanuman baithak-11,

Unit II: Twelve Dand by Yogrishi Swami Ramdev ji

Simple Dand, RammurtiDand, VakshvikasakDand, Hanuman Dand, VrishchikDand-I, VrishchikDand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

Unit III: Surya Namaskara &Yogasana (Supine lying postures)

Suryanamaskar, Naukasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasana, Chakkichalana, ArdhaHalasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

Unit IV: Pranayama

NadiShodhana (Technique 1: Same Nostril Breathing), NadiShodhana (Technique 2: Alternate Nostril Breathing), NadiShodhana (Technique 3: Alternate Nostril Breathing + Antarkumbhak); NadiShodhana (Puraka + AntarKumbhak + Rechaka + BahyaKumbhak) (1:4:2:2);

Unit V: Mudra & Shatkarmas (Only One kriya)

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi, Shatkriya, Neti (Jalneti, Rubber Neti)

Continuous Evaluationby the Teachers

TEXT BOOKS

1. Balkrishna Acharya: (2015), DainikYogabhyasakram, DivyaPrakashan, Haridwar.
2. Randev Y.S. 2015: Dand-baithak, DivyaPrakashan, Haridwar
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

2 nd SEMESTER		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses Compulsory-I)									
BY-CT-201	Principles of Hathyoga	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-202	Social Psychology	3	1		4	20	10	70	100
BY-CT-203	History of Ancient India From the Sunga Dynasty to Later Guptas	3	1		4	20	10	70	100
BY-CT-204	Tourism Resources in India	3	1		4	20	10	70	100
BY-CT-205	संस्कृतम्-II	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-201	English-I	3	1		4	20	10	70	100
AECC (Ability Enhancement Compulsory Course)									
BY-AECC-201	Environmental Science	3	1		4	20	10	70	100
Core Practicum									
BY-CP-201	Yoga Practicum-II	0	0	8	4	20	10	70	100
					20	TOTAL			500

Core Course
Paper Name: Principles of Hatha Yoga
Paper Code: BY-CT-201

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

Unit I: General Introduction to Hatha Yoga (10 Hours)

The Literal Meaning of Hatha Yoga, Definition, Tradition-History, Pathya-ApathyaAhara, Instructions for Yoga Practice, Characteristics of Hatha Siddhi, Utility of Hatha Yoga. Therapeutic Relevance of Hatha Yoga in the Present Age.

Unit II: Hatha Yogapradipika: Asana, Pranayama, Shatkarma

(20 Hours)

Introduction to the Book Hatha Yoga Pradipika, Technique, benefits and precautions of Asana (15 Asana), Technique, benefits and precautions of Pranayama- (Suryabhedhi, Ujjai, Sheetli, Sitkari, Bhastrika, Bhramari, Murchha, Plavani), Technique, benefits and precautions of Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka and Kapalabhati)

Unit III: Hatha Yogapradipika- Mudra Bandha, Naad, Kundlini

(8 Hours)

According to Hatha Yoga Pradipika - Technique, benefits and precautions of Bandha, Mudra, Naadanusandhan- Concept, types and Outcomes, Kundalini-Concept, Technique, Precautions and Outcomes.

Unit IV: Gherinda Samhita-Shatkarmas and Asanas

(12 Hours)

Introduction to The Gherand Samhita Text, Technique, benefits and precautions of the Shatkarmas. Technique, benefits and precautions of Asana.

Unit V: Gherinda Samhita- Pranayama, Mudras, Pratyahar, Meditation and Samadhi

(10 Hours)

Technique, benefits and precautions of Pranayama and Mudra. Brief Introduction to Pratyahar, Meditation- Concept, Types and Technique, Samadhi- Concept, Types and Technique.

Prescribed text book

1. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्ठमप्रकाशन, 2017
2. Saraswati, S. N. (2012). Gheranda Samhita. *Yoga Publication Trust, Munger, Bihar, India.*
3. सिंह, नरेन्द्र: .(2021). हठयोगसारसंग्रह, (हठ प्रदीपिकाऔर घेरण्डसंहिता के सन्दर्भ में), कॉसबिलपब्लिकेशन, नईदिल्ली

Core Course
Paper Name: Social Psychology
Paper Code: BY-CT-202

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective:

1. To enable students to appreciate how individual behavior is influenced by social and cultural contexts.
2. To enable students to develop an understanding of functioning in different groups and organizations and to understand how social problems can be analyzed in terms of various social psychological theories.

1. Introduction:

- A. Meaning and definitions of social Psychology
- B. Goals of Social Psychology
- C. History of Social Psychology
- D. Scope of Social Psychology

2. Attitudes:

- A. Nature and Components of Attitude
- B. Formation of attitude
- C. Change in Attitude
- D. Measurement of Attitude:

3. Groups Behavior:

- A. Meaning and definition of Group and crowd
- B. Distinction between group and crowd
- C. Social facilitation: meaning, definitions and cause of social facilitation
- D. Social Loafing: meaning, definitions and causes of social loafing

4. Group Morale:

- A. Meaning and definition of group Morale
- B. Criteria of High and Low Group Morale
- C. Determinants of Group Morale
- D. Methods of Improving Group Morale

5. Aggression:

- A. Meaning and definitions of Aggression
- B. Types of aggression
- C. Theoretical approaches to aggression: Social Learning Theory, Frustration-Aggression Theory
- D. Measures of Reducing Aggression

Reference Books

1. Baron, R.A. & Byrne, D (1998). Social Psychology: Theories, research and application. New York: Me Graw Hill.

2. Semin, G.R. & Fiedler, K, (Eds.) (1996). Applied Social Psychology, London: Sage.
- Text Books**
3. Suleiman, M. (2009). Ucchar Samaj Manovigyan, New Delhi: Motilal Banarasi Das.
 4. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

Core Course
Paper Name: History of Ancient India
(From the Sunga Dynasty to Later Guptas)
Paper Code: BY-CT-203

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks
(11 Lect.)

Unit I:

Post-Mauryan Dynasties: Sunga Dynesty, KanvaDynesty, And Satavahana Dynesty: GautamiputraShatakarni and YagyShree Satakarni, Kaling Naresh Kharwel.

Unit II:

Foreign Dynasties: Indo Greeks: Demetriyas and Minander, ShakaKshatrap: Mathura and western Kshatrapas and Pahlava, Kushan Dynesty: Vim kadafishash and kanishka,

(11 Lect.)

Unit III: Gupta Dynasty the Golden age of India

Gupta Dynesty: Chandragupta I, Samudragupta, Chandragupta II, kumargupta and skandgupta, Decline of the Imperial Guptas Cultural Achievements of the Gupta Period: Debate about Golden Age

(12 Lect.)

Unit IV:

Hunas invasion in India, Vakatakas: Cultural Achievements of the Vakataka period, Shashank of Bengal, Bhashkarvarman of Assam.

(10 Lect.)

Unit V: Cultural Development in Post Mauryan to Gupta Period

Development of Social, Economic, Religious Status, Emergence of New Bhakti Traditions: Shavism, Vaisnavism, Saktism, Hinayan, Mahayan, Swetambar and Digambar.

(16 Lect.)

Recommended Readings:

Goyal, S.R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur

Narain, A.K., The Indo-Greeks, New Delhi, 1996.

V.S Agarwal, Indian Art, Varanasi, Prithvi Prakasahan, 1972.

Percy Brown, Indian Architecture, Bombay, D.B.Taraporevala Sons &Co, 1940

James Harle, The Art & Architecture of the Indian Subcontinent, Hormonds worth, Penguin, 1988

Sharma, R.S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Raychoudhury, H.C., PrācīnBhārataKāRājanītikaItihāsa (Hindi), Allahabad,

Singh, U., A Histtory of Ancient and Early Medieval India, From The Stone Age To The 12th Century, Delhi 2016

Basham A. L. The Wonder that was India, London

Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

Jha D. N., Ancient India:In Historical Outline, 1997

Core Course
Paper Name: Tourism Resources in India
Paper Code: BY-CC-204

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective: The module gives information of countries tourist places of national and international importance and it helps students to know the background elements of tourism resources.

Unit – I Introduction:

Concept of resource, attraction & product in tourism, meaning & characteristics, Typology & nature of tourism resources. Nature & Scope to tourist places in India.

Unit- II Natural Resources:

Study of wild life Parks, Sanctuaries & Tiger Reserves in India with case studies of Raja Ji National Park, Jim Corbett, Bharatpur Bird Sanctuary, Valley of Flowers & Gir National Park, Kaziranga National Park.

Unit-III Pilgrimage Destinations:

Hindu- Char Dham Yatra, Haridwar, Khajuraho, Mahabalipuram, Tirupati, Madurai, Konark.

Buddhist: Lumbini, Bodhgaya, Sarnath, Kushinagar, Sanchi, Ajanta.

Jain: Mount Abu, Sharavanbelgola.

Islamic: Delhi, Agra, and Fatehpur Sikri.

Sikh: Patna, Nanded, Golden Temple (Amritsar) Hemkund Sahib (Uttarakhand).

Unit- IV Socio-Cultural Resources:

Socio cultural resources - Important fairs and festivals with case studies of Kumbha Mela, Dussehra, Vaishno Devi Yatra, Onam, Puri Rath Yatra & Chhath Pooja.

Unit - V: Hill Station & Coastal Destinations:

Hill Station: Study of Hill Station attractions and their environs with case studies of Mussoorie, Nainital, Shimla, Manali and Ooty.

Beaches: Beaches and Islands: Beaches in Goa, Kerala, Andman & Nicobar Islands.

Text Books:

- Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Oki Morihiro, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
- Michel George, The Penguin guide to the monument of India, Penguin Book, 1990

Other References:

- Mitra, Devla, Buddhist Architecture, Calcutta.
- Tourists Resource of India- Ram Acharya.
- Himachal Pradesh, The Land, the people by S.S. Negi

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - प्रथमवर्षः (द्वितीयसत्रम्)

संस्कृतम्-II [4 credits]

Paper Code: BY-CC-205

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

- इकाई (१) संज्ञाप्रकरणम्
वृद्धि-गुण-संयोग-पद-अव्यय-सम्प्रसारण-उपधा-इत्-अङ्ग-
उपसर्ग-धातु-सार्वधातुक-आर्धधातुक-विभक्ति-सर्वनाम-सज्ञाः
- इकाई (२) ईषोपनिषद्
मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रलाभः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) मूलरामायणम् - ५१-१००
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (२६-५१ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)
(परस्मैपदम्) दिव्, अस्, हन्, शक् (आत्मनेपदम्) वृध्, मुद्, शिक्ष्
(उभयपदम्) दा, तन्, चूर्, भक्ष्, तुद्
- इकाई (६) अलङ्कारपरिचयः
उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, अनुप्रासः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
5. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
6. रचनानुवादकौमुदी - डा० कपिलदेवद्विवेदी, विश्वविद्यालयप्रकाशन, वाराणसी
7. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी

MIL (Modern Indian Language)

Paper Name- English

Paper Code-BY-MIL-201

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

Unit 1- Communicate easily with and enhance the ability to understand native speakers

Unit 2- Remove personal barriers and enhance confidence in a group setting and in workplaces

Unit 3- Help translate L2 from L1 in a more efficient manner

(L1 is the mother tongue & L2 is the Official Language – here English)

Unit 4 - Enhance formal and business writing skills

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1: - **16 Hours**

Different types of Salutations

Differences between formal and informal speech, between standard and Colloquial language

Unit -2: Verbal and Non-verbal Communication **16 Hours**

- Personal – Social – Business
- Inter-personal and Group Communication
- Professional Communication

Unit 3 - Reading Comprehension **14 Hours**

- Analysis and Interpretation
- Translation (from Indian Languages to English and vice-versa)
- Loud Reading, Drilling for pronunciation and fluency
- Listening Comprehension

Unit 4 -Writing Skills **14 Hours**

- Report Writing
- Paraphrasing
- Professional Writing
- Argumentative Essays

Ability Enhancement Compulsory Course

Paprr Code- BY-AECC-201

ENVIRONMENTAL SCIENCE

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Unit – I

16 Hours

The Environment: The Atmosphere, Hydrosphere, Lithosphere, Biosphere, Ecology, Ecosystem, Biogeochemical Cycle (Carbon Cycle, Nitrogen Cycle), And Environment Pollution: Air Pollution, Water Pollution, Soil Pollution, and Radiation Pollution.

Unit – II

14 Hours

Population Ecology: Individuals, Species, Pollution, Community, Control Methods of Population, Urbanization and its effects on Society, Communicable Diseases and its Transmission, Non-Communicable Diseases.

Unit- III

15 Hours

Environmental Movements in India: Grassroot Environmental movements in India, Role of women, Environmental Movements in Odisha, State Pollution Control Board, Central Pollution Control Board.

Unit –IV

15 Hours

Natural Resources: Conservation of Natural Resources, Management and Conservation of Wildlife, Soil Erosion and Conservation, Environmental Laws: Water Act, 1974, Air Act, 1981, The Wildlife (Protection) Act, 1972, Environment Protection, 1986, Natural Disasters and their Management

Core Practicum
Paper Name: Yoga Practicum-II
Paper Code: BY-CP-201

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit- I: Yogasana (Recommended by Swami Ramdev)

12 Steps of Yogic Jogging; And A Series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asanavariations 1, 2 & 3, Shalabhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, ArdhaHalasana, Padvritta Asana- Variations 1 & 2 And Dwichakrikasana- Variations 1 & 2; As Recommended by Swami Ramdev.

Unit-II: Prone Lying Asanas

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana, Chakrasana, ViparitNaukasana.

Unit- III: Pranayama (Recommended by Swami Ramdev)

Bhastrika, Kapalbhathi, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeeth.

Unit- IV: Shatkarma (Only Two Kriyas)

Kapalbhathi (Vatkram, Vyutkram, Sitkram), Nauli (Madhyama, Vama, Dakshina).

Unit- V: Mudra & Bandh:

Jalandhar Bandh, Udyan Bandh and Moolbandh, Maha Bandh Mudra.

Continuous Evaluation by the Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005.
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012
5. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

SEMESTER 3 rd		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses)									
BY-CT-301	Human Biology	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-302	System and School of Psychology	3	1		4	20	10	70	100
BY-CT-303	History of North India (600A.D. to 1200 A.D.)	3	1		4	20	10	70	100
BY-CT-304	Transport in Travel & Tourism	3	1		4	20	10	70	100
BY-CT-305	संस्कृतम्-III	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-301	संस्कृतम्-I/ Hindi-I	3	1		4	20	10	70	100
SEC (Skill Enhancement)									
BY-SEC-301	Fundamentals of Computer applications	3	1		4	20	10	70	100
CP (Core Practicum)									
BY-CP-301	Yoga Practicum-III	0	0	8	4	20	10	70	100
					20	TOTAL			500

Core Course
Paper Name: Human Biology
Paper Code: BY-CT-301

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives: The teaching-learning of this paper will enable learner to

1) Discuss & introduce skeletal system, muscular system, respiratory system with their gross anatomy & physiology

2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems.

Unit-1: - Introduction to Human Body (15 Hours)

Definition, Structure, Cell Types and Functions of Human Cells. Body Structure and Function, Key Words and Their Concepts.

Unit-2: - Skeletal System - 1 (15 Hours)

The Structure and Type of Bone. The Structure and Function of the Spine. Effect of Yoga On Bone and Bone Joint.

Unit-3: -: - Muscular System - (15 Hours)

The Structure, Type and Function of the Muscle. Mechanism of Muscular Contraction. Neuro-Muscular Communication Neurotransmitters | Effect of Yoga On Muscles.

Unit-4: -: - Respiratory System - - (15 Hours)

Nose, Throat, Bronchi, Structure, Mechanism of Breathing. Respiratory Processes - Cellular Respiration and Thoracic Respiration. Effect of Yoga On Respiratory System.

Reference book

1. सुश्रुत(शरीर स्थान)- डा. भास्कर गोविन्द घाणेकर
2. शरीर रचना विज्ञान- डा. मुकुन्द स्वरूप वर्मा
3. शरीर क्रिया विज्ञान- डा. प्रियवृत्त शर्मा
4. शरीर रचना व क्रिया विज्ञान- डा. एस. आर. वर्मा
5. आयुर्वेदीय क्रिया शरीर- वैद्य रणजीत राय देसाई
6. Anatomy & Physiology of Yogic Practices-M.M. Gore 7. Anatomy & Physiology Yogic Context- Dr. Sharad Bhalekar

Core Course
Paper Name: System and School of Psychology
Paper Code: BY-CT-302

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective:

1. To enable the student to understand psychology in historical perspective.
2. To familiarize students with the various movements and schools of psychology

1. Systems in Psychology:

- A. Meaning and types, some basic issues in Psychology
- B. Ancient Greek philosophical influences: Socrates, Plato and Aristotle
- C. Structuralism: Wundt's Systematic Psychology: definition and subject matter of psychology, principles of connection, method of psychology, apperception, mind-body problems
- D. Functionalism: functionalism as a system: definition and subject matter of psychology, postulates, methodology, mind-body problem, nature of data, principles of connection and principles of selection.

2. Modern Associationism:

- A. Historical Background of associationism
- B. The association of stimulus and response
- C. Thorndike: The psychology of connectionism
- D. Criticism of Thorndike's system

3. Early and later Behaviorism :

- A. Watsonian Behaviorism as a system
- B. Watson's experimental formulations: learning, emotion and memory
- C. Tolman's Purposive Behaviourism: independent variables, dependent variables, intervening variables and theory of learning,
- D. Skinner's contributions: the psychology of conditioning, drive, emotion, shaping and superstitious behaviour, teaching machines and programmed learning

4. Gestalt Psychology:

- A. Foundry of Gestalt Psychology: Max Wertheimer, Wolfgang Kohler and Kurt Koffka
- B. Contribution of Gestalt psychology: Perception, Learning & Thinking.
- C. Protest of Gestalt psychology against others systems
- D. Gestalt psychology as a system

5. Psychoanalysisism

- A. Antecedent forces of Psychoanalysis: Gottfried Leibnitz, Johann Herbart, helmhoitz and Fechner
- B. Freudian Psychoanalysis as a System
- C. Contribution of Sigmund Freud
- D. Criticism of Freudian Psychoanalysisism

Reference Books:

1. Woodworth, R.S. (1932). Contemporary School of Psychology. New York.
2. Heider, E. (1933). Seven Psychologies. New York.

Text Books:

3. Singh, A.K. (1991). The History and Systems of Psychology. Delhi: Motilal Banarsidas.

Core Course
Paper Name: History of North India (600 - 1200 A.D.)
Paper Code: BY-CT-303

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks
(14 Lect.)

Unit I:

Harshvardhana: Political Achievements; Contribution to Religion Learning

Rule of Pratiharas: Vatsaraj, Nagabhata, Mihirbhoj;

Rule of the Palas: Dharmapala, Devapala.

Unit II:

(12 Lect.)

Tripartite conflict between Pratiharas, Palas and Rashtrakutas

Origin of Rajputs: Agnikundiya Theory, Traditional Theory

Causes of Arab Invasion and its Effects

Unit III:

(12 Lect.)

Paramars of Malwa: The conquests of Vakapala Munja and his conflict with the Chalukya king Tailapa, Bhoja's conquests and his cultural achievement.

Chandellas of Zvezakbhukti: Dhang, Vidyadhar.

Unit IV:

(11 Lect.)

Kalachuris of Tripura: Gangeyadeva, Lakshmikarna

Gahadvalas; Govindachandra, Jayachandra

Chalukyas of Gujarat: Siddharaja Jaysimha, Kumarpala

Unit V:

(11 Lect.)

Chauhans of Shakambhari: Vigraharaja IV, Prithviraja III- Battle with Mohammad Ghori, Invasion of Mahmud Ghazni: Main Events, His defeat by local dynasties in the Indian campaign of Mahmud of Ghazni, Main Events of Gori in India and Impact of his Invasion.

Text Books:

Vishuddhananda Pathak: Uttara Bharat ka Rajanitika Itihas

Reference Book:

Brajdul Chattopadhyay: The Making of Early Medieval India. Oxford University Press, second edition, 2012

Pathak Vishuddhananda, Uttar Bharat ka Rajnitika Itihas, Uttar Pradesh Hindi Sansthan, Lucknow, 1973

C.V.Vaidya: History of Medieval India 2 vols.

D.N.Jha (ed.): Feudal Order: State, Society and Ideology in Early Medieval India.

Manohar Publishers and Distributors, 2003

Devahuti: Harsha - A Political Study. Oxford University Press, Third edition, 2001

Lallanj Gopal: The Economic life of Northern India (c. 700-1200). Motilal Banarsidass, 1989

R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986

R.S. Sharma: Early Medieval Indian Society: A Study in Feudalism. Sangam Books Ltd, 2001

R.S. Tripathi: History of Kanauj to the Moslem Conquest. Motilal Banarsidass, 1989

Romila Thapar: The History of Early India: From the Origins to AD 1300. Penguin India, 2003

Vishuddhananda Pathak: Uttari Bharat ka Rajanitiki Itihas

Verma Harishchandra: Madhyakalin Bharat 2 Part

Core Course
Paper Name: Transport in Travel & Tourism
Paper Code: BY-CC-304

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Course Objectives:

Transport is a vital component of the travel and tourism industry. Thereby it becomes imperative for the students of tourism to learn about different modes of transportation in modern world in general, and in India, in particular. The course attempts to provide an insight into different types of transportation, the on-going changes, growth, present status, government policies, problems and management. Thus the course emphasizes on the knowledge of the 'Key' which opens vast venues of world's largest service sector, that is tourism.

Unit-I: Understanding Transport

Background of transport system, Importance of in Tourism, Patterns of demand for Tourism and Transportation.

Unit-II: Air Transport

Function of ICAO, DGCA, IATA, AAI, Evolution of Civil Aviation in India, A case study on Failure of Kingfisher Airlines and Air India.

Unit-III: Road Transport

Surface transport system, Type of Roads in India. Documents connected with transport, road transport, RTO, Insurance Documents, Road Tax and Fitness Certificates, NHAI.

Unit-IV: Rail Transport

Rail Transport system, Major Railway system of world, Indian Railways, Tourist trains, viz Palace on wheels, Royal orient Facilities offered by Indian railways like Rail Yatri Niwas & Inrailpass.

Unit-V: Water Transport

Water transport system, Background of water transport system, Cruise ship, Canal boats, Ferries.

Text Books:

1. Ahmad Aizaz: General Geography of India, NCERT, New Delhi.
2. Singh, R.L., India: A Regional Geography, National Geographical Society of India, Varanasi, 1989
3. Aggarwal, Surinder: 'Travel Agency Management', communication India, New Delhi, 1983
4. Hannel Christine, Robert Harshman and Graham Draper- Travel and Tourism: A world regional geography, John Wiley and Sons, New York, 1992
5. Hurst, Elist, 'Transportation Geography' McGraw Hill, New York, 1974

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - द्वितीयवर्षः (तृतीयसत्रम्)

संस्कृतम्-III [4 credits]

Paper Code: BY-CC-305

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

- इकाई (१) सन्धिप्रकरणम् (सन्धिविधायकसूत्रमात्रम्)
सन्धिविच्छेदकरणम्, सूत्रव्याख्या, सूत्रस्मरणम्
- इकाई (२) भगवद्गीता - द्वितीयाध्यायः (चयनिताः ३० श्लोकाः)
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रभेदः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) योगसूत्रम् - साधनपादः
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)
हस्, लभ्, नी, ह, याच्, अद्, इण्, या, पा (रक्षणे),
आस्, शी, हु, भी, हा, ही, मा, नश्, पद्, युध्, आप्।
शब्दरूपमात्रम् (वाक्यरचना अनुवादश्च)
पाद, गोपा, भूपति, सुधी, स्वभू, नृ, प्राञ्च्, भूभृत्, धीमत्, महत्, लता,
मति, स्त्री, ज्ञान, मघवन्, पथिन्, लिह्, चतुर् (त्रिषु लिङ्गेषु)।

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. भगवद्गीता - गीताप्रेस, गोरखपुर
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
5. प्रौढ रचनानुवादकौमुदी - डा० कपिलदेव द्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

MIL (Modern Indian Language)
BA - द्वितीयवर्षः (तृतीयसत्रम्)
सामान्यसंस्कृतम्-II [4 credits]
Paper Code-BY-MIL-301

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) संज्ञाप्रकरणम्**
वृद्धि-गुण-संयोग-पद-अव्यय-सम्प्रसारण-उपधा-इत्-अङ्ग-
उपसर्ग-धातु-सार्वधातुक-आर्धधातुक-विभक्ति-सर्वनाम-सज्ञाः
- इकाई (२) ईषोपनिषद्**
मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रलाभः**
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) मूलरामायणम् - ५१-१००**
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (२६-५१ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)**
(परस्मैपदम्) दिव्, अस्, हन्, शक् (आत्मनेपदम्) वृध्, मुद्, शिक्ष्
(उभयपदम्) दा, तन्, चूर्, भक्ष्, तुद्
- इकाई (६) अलङ्कारपरिचयः**
उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, अनुप्रासः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
5. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
6. रचनानुवादकौमुदी - डा० कपिलदेवद्विवेदी, विश्वविद्यालयप्रकाशन, वाराणसी
7. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी

MIL (Modern Indian Language)
Paper Name- Hindi
Paper Code-BY-MIL-301

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

(क) हिंदी भाषा का व्यावहारिक व्याकरण

इकाई-1 : भाषा और व्याकरण

- भाषा की परिभाषा और विशेषताएँ
- व्याकरण की परिभाषा, महत्त्व, भाषा और व्याकरण का अंतःसंबंध
- ध्वनि और वर्ण
- हिंदी की ध्वनियों का वर्गीकरण (स्वर, व्यंजन और मात्राएँ)

इकाई-2 : शब्द-विचार

- शब्द की परिभाषा और उसके भेद (रचना एवं स्रोत के आधार पर)
- शब्दों की व्याकरणिक कोटियाँ (संज्ञा, सर्वनाम, विशेषण, क्रिया आदि)
(केवल परिभाषा एवं भेद)
- शब्दों का रूपांतरण, शब्दगत अशुद्धियाँ
- शब्द-निर्माण (उपसर्ग, प्रत्यय, संधि और समास)

इकाई-3 : पद-विचार

- शब्द और पद में अंतर
- विकारी शब्दों की रूप-रचना (संज्ञा, सर्वनाम, विशेषण, क्रिया)
- अविकारी शब्द (अव्यय)

इकाई-4 : वाक्य-विचार

- वाक्य की परिभाषा और उसके अंग
- वाक्य के भेद (रचना एवं अर्थ के आधार पर)
- वाक्य संरचना (पदक्रम, अन्विति और विराम-चिह्न)

SEC (Skill Enhancement)
Paper Name– Fundamentals of Computer application
Paper Code-BY-SEC-301

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

1. Introduction to Computer System

12 Hrs.

Introduction to Computer, Characteristics of Computer, Applications of Computer, Classification of Computer, Memory & Its Classification, Input devices, Output Devices, Interfaces.

2. Computer Software

12 Hrs.

Introduction to Software, Types of Software, Program vs. Software, Computer Virus and Antivirus.

3. Operating System

12 Hrs.

Introduction to Operating System, Function of Operating System, Types of Operating System

4. Data Communication and Computer Network

12 Hrs.

Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media

5. Internet and WWW

12 Hrs.

Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email

World Wide Web (WWW): World Wide Web and Its Evolution, Uniform Resource Locator(URL), Browsers: Internet Explorer, OSI Model

Reference Books:

1. Fundamental of Computers – By V.Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha
3. Computer Today- By Suresh Basandra
4. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

Core Practicum
Paper Name - Yoga Practicum-III
Paper Code – BY-CP-301

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-I: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, SuptaVajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana, Mandukasana, Vakrasana, ArdhaMatsyendrasana, Marichayasana, Simhasana.

Unit-II: Pranayama (With Antar&Bahyakumbhaka)

Bhastrika, Kapalbhati, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeethand Pranav as recommended by Swami Ramdev. Suryabhedhi, Ujjai, Sheetli, Sitkaari according to Hathpradeepika.

Unit-III: BANDHA

Maha Mudra, Mahaved Mudra and Viparitkarni Mudra,

Unit-IV: SHATKARMAS

Dhauti Kriya- Vahainisar Kriya, KapalrandhraDhauti and VamanDhauti.

Unit-V: Meditation

Patanjali Dhyana-Sadhana

Continuous Evaluation by the Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009

2. Ramdev Yogrishi Swami Ji2009: Yog-Sadhana evmChikitsaRahasya, DivyaPrakashan, Haridwar.
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar
4. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
5. Acharya Balkrishna: YogVijnanam, DivyaPrakashan, 2017.

4th SEMESTER		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses)									
BY-CT-401	Patanjal Yog Darshan	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-402	SOCIAL RESEARCH	3	1		4	20	10	70	100
BY-CT-403	History of South India (600 A.D. to 1200 A.D.)	3	1		4	20	10	70	100
BY-CT-404	Tourism Policy and Planning	3	1		4	20	10	70	100
BY-CT-405	संस्कृतम्-IV	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-401	English-II	3	1		4	20	10	70	100
SEC (Skill Enhancement)									
BY-SEC-401	Yajyopaithy	2	0	4	4	20	10	70	100
Core Practicum									
BY-CP-401	Yoga Practicum-IV	0	0	8	4	20	10	70	100
					20	TOTAL			500

Core Course

Paper Name: Patanjali Yog Darshan

Paper Code: BY-CT-401

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

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

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Unit-I - Text Introduction and Samadhi Pada: (15 Hours)

Introduction to Yoga Sutra Granth, Definition of Yoga, Concept of Chitta, Chitta Bhoomi, Chitta Vrittiya and Types, Chitta Vritti Nidrodhopya (Abhyasa and Vairagya), The Nature of God, Pranava Chanting And Its Results, Antarayabhava, Chitta Prasadana, Nature Of Samadhi.

Unit-II: - Sadhan Pada: (15 Hours)

Concept of Kriya Yoga, Klesha, Ashtanga Yoga Introduction, Chaturavuhavaad, Drashta and Drishya, Vivek Khyati.

Unit-III: - Vibhuti Pada: (15 Hours)

Antaranga Yoga (Dharana, Dhyana, Samadhi), Concept of Samyama, Introduction of Vibhutis, Ashtasiddhi.

Unit-IV: Kaivalya Pada: (15 Hours)

Kaivalya. Five Types of Siddhis (Attainments), Nirmana Chitta, Types of Karma, Vaasna, Vivek Jnana, Kaivalya

Prescribed Text Book-

- योगदर्शनम्-स्वामी रामदेव
- दर्शन प्रवेश-दिव्य प्रकाशन

Supporting Book-

- भोजवृत्ति
- योगदर्शनम्

Core Course
Paper Name: Social Research
Paper Code: BY-CT-402

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

- To impart knowledge of social research to the students.
- To enable the students to serve the nation through research.

1. Introduction

- A. Meaning and definitions of research
- B. Characteristics of research
- C. Steps involved in scientific research
- D. Utility of Research

2. Problem, variables and hypothesis:

- A. Problem: meaning, definition, types and characteristics of the problem
- B. Variables: meaning, definition and types of variables
- C. Hypothesis: meaning, definitions, Characteristics of good hypothesis
- D. Types of hypothesis: simple hypothesis, complex hypothesis, directional hypothesis, non-directional hypothesis, null hypothesis

3. Sample and Sampling:

- A. Sample: meaning, definition and characteristics of a good sample
- B. Sampling: meaning, definition and advantages of Sampling
- C. Probability Sampling: Simple Random sampling, Stratified random sampling
- D. Non Probability Sampling: Accidental Sampling, Quota Sampling, Purposive sampling

4. Methods of data collection

- A. Observations: Meaning of Observation, Kinds of observation, Merits and Limitations
- B. Questionnaires: *meaning, definitions* types: Structured and Non Structured Questionnaire, Construction of the questionnaire
- C. Interviews: Characteristics of Interview, Steps involved in the process of interview, sources of error.
- D. Case study method: meaning of case study, strengths of case study, limitations of the case study

5. Ethics in research and research report

- A. Meaning and importance of ethics in research
- B. Objective of research ethics
- C. Code of ethics in research
- D. Report writing based on APA format

Reference Book

- Stockton, K. & Fred N. (1973). Foundations of Behavioral Research. (2nd ed.) New York: Holt, Rinehart and Winston.
- Suleman, M. (2008). Manovigyaan,

Text Book

- Shiksha Evam Anya Saamaajik Vigyaanon Mein Samkhyikee. New Delhi: Motilal Banarsidas.
- Kapil, H. K. (2015). Anusandhan Vidhiyan.

Core Course
Paper Name: History of South India (600 A.D. to 1200 A.D.)
Paper Code: BY-CT-403 **Credit- 4**
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks
(12 Lect.)

Unit I:

Rule of Badami Chalukyas: Pulakeshin II, Vikramaditya II;
Rashtrakutas: Dhruv, Govinda III, Amoghvarsh

Unit II:

(13 Lect.)

Chalukyas of Kalyani: Someshver II, Vikarmaditya VI; Cultural Achievements of the Chalukyas of Kalyani
Western Gangas: Shripurush, Bharasimha III, Yadavas of Devagiri: Seunachandra, Bhillama V;

Unit III:

(11 Lect.)

Pallavas: Mahendravarman I, Narasimhavarman II; Cultural Achievements of Pallavas.
Pandyas: 1st and 2nd empire
Hoysalas of Dvarsamudra: VirBallalKakatiyas: Rudradeva

Unit IV:

(14 Lect.)

Cholas: Emergence and Early History: Rajaraj I- Restoration of the Chola Empire and Expansions of Empire, Rajendra, Kulottunga I, and Administration of Chola'S

Unit V:

(10 Lect.)

Cultural Exchange between India and South-East Asia Idea of Greater India: Development of Indian Culture in South-East Asian Country- Java, Sumatra and Malaya.

Recommended Books:

- KeshavanVeluthat: The Political Structure of Early Medieval South India. Orient Blackswan, 2012
Pathak Vishuddhanand, Dakshin bharaat ka RajnitikItihas, Uttar Pradesh Hindi Sansthan, Lucknow, 2006.
Dubey, H.N. Dakshin bharaat ka VrihatItihas, Sharada Pustak Bhavan, Allahabad, 2002
A. S. Altekar: The Rashtrakutas and their Times. Oriental Book Agency, Poona, 1967 (Second revised edition)
Balakrishnan Raja Gopal: The Chalukyas of Kalyana and the Kalachuris. Prasaranga, Karnatak University, 1981 The Rashtrakutas of Malkhed: Studies in the History and Culture. Geetha Book House, 1994
Durga Prasad Dikshit: Political History of the Chālukyas of Badami. Abhinav Publications, 1980
K.A.NilakantSastri: The Cholas. Madras University Press, 1975
S.M. Mishra: Dakshin Bharat Ka RajnitikItihas. New Age International, 1995
R.C. Majumdar: Suvarṇadvipa: A Cultural History. (Reprint) Gian Publishing House, 1986

Core Course
Paper Name: Tourism Policy and Planning
Paper Code: BY-CC-404

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

The module will expose the students about the Tourism policy of India and of a few tourism states of the country.

Unit-I:

Tourism Planning- Meaning, definition, need, type and levels of Tourism Planning Process of Tourism Planning.

Unit-II:

Tourism Policy - Meaning, definition, need, types. Tourism Policy of Himachal Pradesh, Rajasthan, Goa and Kerla.

Unit-III:

Destination development- Meaning, definition, components, concept of destination life cycle. Step and stages/ Process of destination planning.

Unit - IV:

Developing Tourism Plans- Technique. Planning Tourist attractions – Natural, cultural and special interest Tourist area. Implementation and Monitoring of Tourism Plans.

Unit -V:

Tourism Plans in India: Tourism under different five year plans. Tourism policies in India with special reference to National Tourism Policy, 1982. Tourism National Action Plan, 1992.

Text Books:

- New Inskip, Edward, Tourism Planning: An Integrated and Sustainable Development Approach (1991) VNR, New York.
- Ashworth, G. J. (2000), the Tourist Historic City. Retrospect and Prospect of Managing the Heritage City, Pergamon, Oxford
- Sharma, J. K. (2000), Tourism Development. Design for ecological sustainability, Kaniska Publication, New Delhi.
- Edgell, D. L., Allen, M. D., Smith, G., & Swanson, J. R. (2008). *Tourism policy and planning: Yesterday, today and tomorrow*. Burlington, MA: Elsevier Inc.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - द्वितीयवर्षः (चतुर्थसत्रम्)

संस्कृतम्-IV [4 credits]

Paper Code: BY-CC-405

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

- इकाई (१) विभक्त्यर्थप्रकरणम् (वाक्यरचना अनुवादश्च)
सूत्रव्याख्या, सूत्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (२) रघुवंशः - द्वितीयसर्गः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) नीतिशतकम् (१-५०)
(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) उपपदविभक्तिः - परिचयः, प्रयोगः
उपसर्गवृत्तिः
उपसर्गपरिचयः, उपसर्गार्थः, उपसर्गप्रयोगः
- इकाई (५) सृष्टिरचना - सांख्यमतानुसारम्

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. रघुवंशः - कालिदासः, चौखम्बासुरभारतीप्रकाशन, वाराणसी
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. उपसर्गवृत्तिः - रामचन्द्राचार्यः
5. सांख्यदर्शनम् - आचार्य आनन्दप्रकाशः

MIL (Modern Indian Language)
Paper Name- English
Paper Code-BY-MIL-401

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

Unit 1- Develop an ability to read, understand and write about oneself incorrect grammatical English

Unit 2 -Revise basic English Grammar to improve our knowledge for competitive exams

Unit 3- Provide a forum for healthy discussions

Unit 4- Demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend English

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1: - **(15 Lect.)**

Advanced Writing Skills:

- Cover Letters & Difference between a Resume, CV, and Biodata
- Survey Reports
- Formal Letters
- Comprehension passages
- Article Writing

Unit 2: - **(15 Lect.)**

Grammar Revision

- Tenses
- Translation
- Common Grammatical Errors

Unit 3: - **(15 Lect.)**

Advanced Comprehension Skills

- Passages
- Language usage
- Reading Comprehension
- Composition

Unit 4: - **(15 Lect.)**

Professional Skills

- Interview Skills
- Extempore
- Group Discussions
- Constructive Criticism and Feedback
- Collaboration

Suggested Resources to be added

SEC (Skill Enhancement)

Paper Name: Yajyopaithy

Paper Code: BY-SEC-401

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Mark

Objective

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

- Understand the relevance of Yajna
- Perform Yajna properly
- Understand the rituals of Yajna
- Know the health benefits and applications of Yajnopathy

UNIT - 1: INTRODUCTION TO YAJNA [10 HRS.]

यज्ञ का परिचय: यज्ञ शब्द का निर्वचन व परिभाषा। यज्ञ का इतिहास, यज्ञ के प्रकार, यज्ञार्थ सामग्री व उपकरण। पचमहायज्ञ: पचमहायज्ञ के लाभ, ब्रह्मयज्ञ, देवयज्ञ, बलिवैश्वदेवयज्ञ, अतिथियज्ञ व पितृयज्ञ मन्त्रार्थ-स्मरण सहित विधि। शास्त्रों में यज्ञ का स्वरूप:- चारों वेद, गीता, उपनिषद, मनुस्मृति, ब्राह्मण-ग्रन्थ, गृहसूत्रा व मीमांसादर्शन इत्यादि में।

UNIT - 2: INTRODUCTION TO YAJNOPATHY [10 HRS.]

यज्ञ के विभिन्न पहलू:- यज्ञ से चिकित्सा, ग्लोबल वार्मिंग का समाधान, वृष्टि, कृषि व अध्यात्म उन्नति। यज्ञ पर वैज्ञानिक शोध:- चिकित्सा शोध, माइक्रोबायोलॉजिकल ; बैक्टीरिया, फंगस, वायरस, कैमिकल (Co₂, So, No, Pb, As, Hg, CCIF) व सूक्ष्मकण एवं रेडिएशन पर यज्ञ ऊर्जा के प्रभाव पर शोध।

UNIT- 3 APPLICATION OF YAJNOPATHY [10 HRS]

Application of Yajnopathy for common ailments: Obesity, Hypertension, Diabetes, Thyroidism, Skin Disease, Sinusitis, Asthma, Stress.

UNIT- 4 Yajya Practicum

REFERENCES

1. Vaidic Nitya Karma Vidhi: Divya Prakashan, Haridwar
2. Yagya-yoga-yurveda Chikitsa: Divya Prakashan, Haridwar
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik
4. Yajynopathy: Brahmavarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
5. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.

Core Practicum
Paper Name- Yoga Practicum-IV
Paper Code- BY-CP-401

Credit-4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-I: yogasanas (Standing Postures]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana; ArdhaChakrasana, PaadaHastasana; Trikonasana, ParshvaKonasana; Veerabhadrasa

Unit-II: Pranayama (with antar&BahyaKumbhaka)

Bhastrika, Bhramari, Murchha, Kewali.

Unit-III: Mudras

Yoga Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra.

Unit-IV: Shatkarmas

Gajkarni, Tratak

Unit-V: Yajna karma

Practice and procedure of Yajna including learning and memorization of mantras. Do's and Don'ts of Yajna.

CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Ramdev Yogrishi Swami Ji 2009: Yog-Sadhana evmChikitsaRahasya, DivyaPrakashan, Haridwar.
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar
4. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
5. Acharya Balkrishna: YogVijnanam, DivyaPrakashan, 2017.

SEMESTER 5th		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
DSE -Discipline Specific Elective, Choose any Two (One for each selected Disciplinary)									
BY-DSE-501	Upnishad Parichay	5	1		6	20	10	70	100
BY-DSE-502	Research and Teaching Methods in Yoga	5	1		6	20	10	70	100
BY-DSE-503	CLINICAL PSYCHOLOGY	5	1		6	20	10	70	100
BY-DSE-504	PSYCHOLOGY OF PERSONALITY	5	1		6	20	10	70	100
BY-DSE-505	Ancient Indian Art & Architecture	5	1		6	20	10	70	100
BY-DSE-506	History of India (1206 A.D. TO 1739A.D.)	5	1		6	20	10	70	100
BY-DSE-507	Travel Agency and Tour Operation Business	5	1		6	20	10	70	100
BY-DSE-508	Hospitality Management	5	1		6	20	10	70	100
BY-DSE-509	संस्कृतम्-V	5	1		6	20	10	70	100
BY-DSE-510	संस्कृतम्-VI	5	1		6	20	10	70	100
Inter Disciplinary/Generic Elective Select any one									
BY-GE-501	Indian Philosophy & Culture	5	1		6	20	10	70	100
BY-GE-502	Ancient Indian Social Life and Institutions	5	1		6	20	10	70	100
SEC (Skill Enhancement)									
BY-SEC-501	Yoga Therapy	3	1		4	20	10	70	100
CP (Core Practicum)									
BY-CP-501	Yoga Practicum-V	0	0	8	4	20	10	70	100
					26	TOTAL			650

DSE (Discipline Specific Elective)
Paper Name-Upanishad Parichay
Paper Code- BY-DSE-501

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- Understand the basic teachings of Upanishads.
- Apply the essence of Upanishads in life.

Unit-1: Introduction to Upanishads **(15 Hours)**

Etymology of The Word Upanishad, Meaning, Place of Upanishads In The Tradition Of Vedic Literature, Evaluation Of Upanishads, Opinions Of Various Scholars About It, Importance Of Upanishads.

Unit-2: - **(15 Hours)**

Ishavasyopanishad (Complete), Kenopanishad (Complete).

Unit-3: - **(15 Hours)**

Kathopanishad- First Chapter (First, Second, Third Valli)

Unit-4: - **(15 Hours)**

Taittiriya Upanishad-Shiksha Valli (XI Anuvaak), Mundakopanishad (Complete).

Unit-5: - **(15 Hours)**

Shvetashvataropanishad (Chapter 1-4) Chhandogyopanishad: Narada-Santkumar Dialogue (1-26 Vols.)

Prescribed Text Book

एकादशोपनिषद- डा० सत्यव्रत सिद्धान्तालंकार, विजयकृष्ण लखनपाल, नई दिल्ली

Supporting Book

ईशादिनौपनिषद-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक) -गीताप्रेस, गोरखपुर

DSE (Discipline Specific Elective)
Paper Name- Research and Teaching Methods in Yoga
Paper Code- BY-DSE-502

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

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

- • Understand the basic principles of Research & Teaching Methods.
- • Have knowledge of different aspects of research & teaching methods used in Yoga.

Unit-1: Introduction To Research Methodology (15 Hrs.)

Definition Of Research; Importance Of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types Of Research: Applied Research & Basic Research; Goals Of Research: Description, Explanation, Prediction, And Control Of Behavior; Ethics Of Research: Informed Consent, Anonymity, Confidentiality, and Plagiarism.

Unit-2: Introduction To Research Process (15 Hrs.)

Research Questions; Literature Review; Different Sources Of Information: Primary, Secondary, Tertiary Source; Electronic Databases: Google Scholar, Pubmed&Psycinfo; Hypothesis Sampling And Generalization - Population And Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias And Nonprobability Sampling: Snowball Sampling, Convenience; Types Of Biological Data (Scales Of Measurement) – Nominal, Ordinal, Interval, Ratio; Types Of variables – Independent, Dependent, Confounding Variable; Reliability & Validity.

Unit-3: Introduction To Research Design [15 Hrs.]

Cross-Sectional Studies And Its Advantages And Disadvantages; Cohort Studies And Its Advantages And Disadvantages; Randomized Controlled Trials And Its Advantages And Disadvantages; Factors Need To Be Considered When Designing A Study: Availability Of Data, Sampling Methods, Data Collection, Cost Of The Design, Time Implications And Loss To Followup, Controls, Ethical Issues, Issues Of Bias And Confounding.

Unit-4: Principles And Methods Of Teaching Yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between The Two; Principles Of Teaching: Levels And Phases Of Teaching Principles And Types Of

Learning, Qualities Of A Yoga Teacher, Yogic Levels Of Learning, Vidyarthi, Shishya, Mumukshu; Meaning And Scope Of Teaching Methods, And Factors Influencing Them; Sources Of Teaching Methods; Importance Of Teacher Training.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, DivyaPrakashan, Haridwar, 2010
2. Dr.Gharote ML & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Discipline Specific
Paper Name: CLINICAL PSYCHOLOGY
Paper Code- BY-DSE-503

Credit- 6

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- To familiarize students with the basic nature of Clinical Psychology and tools used for assessment psychological disorders.
- To introduce the etiological understanding and the therapeutic interventions for the various psychological problems.

1. Clinical Psychology

2. Meaning and definition of clinical psychology
 - A. Nature (characteristics) of clinical Psychology
 - B. Professional Issues: Roles and Ethics
 - C. Training of the clinical Psychologist

3. Clinical Assessment

- A. Importance of clinical assessment
- B. Case study
- C. Clinical Interview
- D. Psychological Tests: MMPI and Rorschach Inkblot Test

4. Stress

- A. Meaning, definitions and types of stress
- B. factors affecting Stress
- C. Concept of Psycho-immunity
- D. Stress Management

5. The profession of clinical Psychology in India

- A. Rehabilitation Council of India (RCI)
- B. Central Institute of Psychiatry, Ranchi
- C. NIMHANS Bangalore
- D. Future of clinical Psychology

Text Books:

1. Sing, A.K. (2013.) Uchatar Naidanic Manovigyan, (Advanced Clinical Psychology) 7th revised edition.
2. Khokhar. C.P. (2008) Stress Coping Behaviour, Meerut usandhanVidhiyan.

Reference Books:

3. Irwin, B.W. (1976). Clinical Methods in Psychology. NewYork: Willey Interscience.
4. Kendall. (1980). Modern Clinical Psychology, NewYork: Willey.
5. Korchin, S.J. (1976). Modern Clinical Psychology. NewYork: Basic Books.
6. Shaffer, G.W. & Lazarus, L.S. (1952). Fundamental concepts of clinical Psychology.

7. Wolberg, L.R. (1988). *The Techniques of Psychotherapy* (Vol. 1 & 2). London: Jason Aronson Inc.
8. Wolman, B.B. (1965). *Handbook of clinical Psychology*, New York: Mc Graw Hill.

Discipline Specific
Paper Name: PSYCHOLOGY OF PERSONALITY
Paper Code- BY-DSE-504

Credit- 6

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- To familiarize students with the basic concept of personality, Types of personality and the use of basic measures of personality.
- To inculcate the understanding of personality in the students

1. Introduction:

- A. Definition and nature of Personality
- B. Theoretical approaches to personality: psychoanalytic, life span approach, type approach, trait approach, cognitive approach
- C. Methodological viewpoints: idiographic and nomothetic
- D. Data of personality psychology: life record data, observer data, test data, self-report data

2. Factors affecting Personality:

- A. Biological or Physical determinants
- B. Psychological determinants
- C. Environmental determinants: Social, Educational and Family Determinants
- D. General conclusion about determinants of personality.

3. Development of personality

- A. Meaning of personality development
- B. Process of personality development
- C. Methods of studying personality developments
- D. Theoretical explanation of personality development: Freud's view, piaget's view

4. Theories of personality:

- A. Trigun theory of Personality
- B. Henry Murray- Need Theory of Personality
- C. Gordon All Port: Trait theory of Personality
- D. Eysenck Theory

5. Enhancing Individual's potential

- A. Enhancing Cognitive Potential
- B. Self-Regulation
- C. Self enhancement
- D. Fostering creativity

Reference Books:

1. Corsini & Marsella (1983). Personality Theories, Research and Assessment. F.E. Peacock.
2. Burger, J. M. (2010). Personality (8th ed.). Belmont, CA: Wadsworth Publishing
3. Engler, B. (2008). Personality Theories: An Introduction (8th ed.). Boston: Houghton Mifflin.

Text Books

4. Tripathi. R.B & Singh R.N. (2001). Psychology of Personality Varanasi: Gangasran and Grand Sons.
5. Singh, A.K. & Singh, A.K. (2010). The Psychology of Personality. Motilal Banars

Discipline Specific
Paper Name: Ancient Indian Art & Architecture
Paper Code- BY-DSE-505

Credit- 6

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

UNIT- I:

(12 Lect.)

1. Art and architecture of Indus Valley Civilisation
2. Mauryan Art
3. Art of Bharhut, Sanchi, and Amaravati

UNIT- II:

(12 Lect.)

1. Mathura School of Art
2. Gandhara School of Art
3. Gupta sculptural Art
4. Ajanta Paintings

UNIT- II:

(12 Lect.)

1. Stupa Architecture with special reference to
 - A. Sanchi mahastupa
 - B. Amaravati stupa
2. Rock-cut Architecture with special reference to
 - A. Bhaja
 - B. Karle

UNIT- IV: Architectural features of the following

(12 Lect.)

- A. Gupta Temples
- B. Khajuraho Temples - Kandariya Mahadeva

UNIT- V: Architectural features of the following

(12 Lect.)

- A. Orissa Temples - Lingaraja Temple & Konark Sun Temple
- B. Pallava Temples - Rock-cut Rathas
- C. Rashtrakuta Temples- Kailasa Temple of Ellora

Recommended Books:

Majumdar, R.C. and A.D. Pusalker (eds.), The History and Culture of the Indian People, Vols. II and III (relevant chapters.), Bombay, 1951-57.

Agrawala, P.K., PrācīnaBhāratīyaKalāevamVāstu (Hindi), Varanasi, 2002.

Agrawala, V.S., BhāratīyaKalā (Hindi), Varanasi, 1994.

Bajpai, K.D., BhāratīyaVāstukalākāItihāsa (Hindi), Lucknow, 1972.

Brown, P., Indian Architecture (Buddhist and Hindu Periods), Vol. I, Bombay, 1971. . . 34

Coomarswamy, A.K., History of Indian and Indonesian Art, London, 1927.

Gupta, P.L., BhāratīyaSthāpatya (Hindi), Varanasi, 1970. Roy, N.C., The Rise and Fall of Pataliputra, Kolkata, 2003.

Discipline Specific

Paper Name: History of India (1206 A.D. TO 1739A.D.)

Paper Code- BY-DSE-506

Credit- 6

Final Exam (SEE)-70 Marks

**Internal Assessment (CT+TA)-30Marks
(11 Lect.)**

UNIT: I

Foundation and Consolidation of the Delhi Sultanate: Gulam Vans, Khiljis- Conquests, Administration and Deccan Policy, Tughlaqs-Mohammad-Bin-Tughlaq and FerozShah Tughlaq, Timor's invasion, Lodi Vans: Sikandar Lodi, Ibrahim Lodi

UNIT: II

(12 Lect.)

Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom, Bahmani Kingdom; Its Expansion and Disintegration, Struggle for Empire in North India: Eastern India_ Bengal, Assam and Orissa, Western India: Gujarat Malwa, Mewar, Northwest and North India, Kashmir

UNIT: III

(12 Lect.)

Babur's invasion of Indian territories, Humayun-His difficulties, Battle with Sher Shah and the Causes of his failure. Sher shah- Administration and Reforms, Akbar-Conquests and Religious Policy, Jahangir and Nurjahan's Supremacy on his administration. ShahJahan- His reign represents the Golden age of Mughal History, Aurangzeb and his Policy: Deccan Policy, Rajput Policy and Religious Policy

UNIT: IV

(13 Lect.)

The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, BALAJI BAJIRAO Third Battle of Panipat

UNIT: V

(12 Lect.)

Popular Revolts and movements for Regional Independence: Jat, Sikhs and Afghan. Invasion of Nadir Shah. Causes of the Downfall of the Mughal Empire.

Recommended Books:

A.L. Srivastava: Bharat ka Itihas (1000-1707). Shivrul Agarwal and Co. Agra, 1995

K.M. Ashraf: Hindustan keNiwasiyon ka Jeevan aur Unki Paristithiyan. Tr.By KS. Lal,1969

Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987

Madhyakalin Bharat, I & II, Jawahar Publication, Delhi

MadhyakalinBharat :Rajniti, Samaj aur Sanskriti. Orient Longman, New Delhi, 2007

Das, Puri and Chopra: Madhyakalin Bharat R.C. Dutt, Majumdar,

Ray Chaudhary: Bharat ka BrihadItihas. Calcutta,1960

Irfan Habib (ed.): Medieval India-I: Researches in the History of India 1200-1750. Delhi, 1992 Bhartiya Itihas me Madhyakal, Tr. by Ramesh Rawat, Granth Shilpi, 1999

Madhyakalin Bharat, Part I to VI. RajkamalPrakashan, Delhi

The Economic History of Medieval India: A Survey. Tulika Books, 2001

Muhammad Habib: Politics and Society during the Early Medieval Period. edited by K.A. Nizami, Delhi

K.S. Lal: History of Khaljis. New Delhi, 1980

HarbansMukhia: Madhyakalin Bharat, Naya Aayam. Tr. by Nadim, RajkamalPrakshan, Delhi S.B.P. Nigam: Nobility under the Delhi Sultannate. Delhi, 1968

K.A. Nizami: Some Aspects of Religion and Politics in India during the Thirteenth Century. Bombay,1961

P.N. Ojha: Madhyakalin Bharat ka Samajik Jeevan. New Delhi,1984

B.A. Saletore: Social and Political life in the Vijayanagar Empire (A.D. 1246-1646). 2 Vols. B.C. Paul and Company, Madras, 1934

Ghanshyam Dutt Sharma: MadhyakalinBharatiyaSamajik, AarthikevamRajnitikSansthayein, Rajasthan Hindi Grant Akadmi, Jaipur, 1986

MadhyakalinBharatiyaSanskiriti. Shivilal Agarwal and Co., Agra

Tarachand: Influence of Islam on Indian Culture. Allahabad

R.P. Tripathi: Some Aspects of Muslim Administration. Allahabad, 1974

S.C. Verma: Madhyakalin Bharat - I., Delhi University, 1993

B.N.S. Yadav: Society and Culture in Northern India in the 12th Century. Allahabad, 1973

Discipline Specific

Paper Name: Travel Agency and Tour Operation Business

Paper Code- BY-DSE-507

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objective: The students will understand the conceptual meaning and differentiation between Travel agency and Tour operation. Further they will understand formalities and documentation needed to set up these units.

Unit-I : Travel Agency and Tour Operation

Introduction to Travel Agency. Meaning and Definition of Travel Agency and Tour operation, Forms & Typologies of Tour Operations and Travel Agents, Role and Contributions of Travel Agents & Tour Operators in Tourism Development.

Unit-II: Business Profile of Travel Agency

Organizational Structure of an approved Travel Agency. Procedures for approval of a Travel Agency and the details of formalities the are required to be completed from various agencies of Central Government and State Government from time to time. Travel Agency Business and Functions- Ticketing, Travel Facilitation, Documentation and Marketing etc.

Unit-III: Tour Operation Management

Tour Package- Meaning, Component, types.

Organizational Structure & Major Function of a tour operator. Tour Itinerary-Meaning, definition, types.

Unit-IV: Linkages in Tourism Business

How tour operations and travel agencies are linked with Airlines, Accommodation Properties, shopping Emporiums, Security Agencies, Transport Organizations, Insurance Unit, Foreign Exchanges Handling Counters, Foreign Embassies and State and Center Tourism Departments.

Unit-V: Travel Trade Organization and Associations

A brief introduction to UNWTO / WTO, IATA, TAAI, ITDC, IATO.

Text Books:

1. Travel Agency Management-Dr Mohinder Chand- Anmol Publication, New Delhi, 2007
2. International Airfare and Ticketing- Dr. S.K. Gupta, UDH Publisher, New Delhi, 2007
3. The Business of Tourism- Hollway JC, Mc Donald and Evans, Plymouth, 1983
4. Guide to Starting and Operating Successful Travel Agency , Stevens Lawrence, Delmar Publishers Inc, New York, (1990)
5. Travel and Tourism Management, Foster Douglas McMillan, London, 1983

Discipline Specific
Paper Name: Hospitality Management
Paper Code- BY-DSE-508

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

This Module is prescribed to appraise students about the important departments of a classified hotel and to teach various aspects related to accommodation Industry

Unit-I: Hospitality: Meaning, Nature and Typologies

Defining Hospitality: Nature and its Meaning.

Age old Institution of Hospitality with the Spirit of 'Atithi Devo Bhav' in India and its present status.

Typology of Accommodation, Origin and growth of Hostel industry with special Reference to India.

Unit-II: Organization and Functions of Various Department in Hotels.

Front Office, Food

Production F & B Service,

House Keeping

Back office and other Ancillary Department.

Unit-III: Type and Forms of Hotels

Classification of Hotel on Basis of Location, Size, Clientele and Range of Service etc Star

Classification – Criteria and Procedure Adopted in India.

Resort Properties, Heritage Hotel and Ecotels- Concept and Emerging Dimensions.

Unit-IV: Hospitality Institutions & Manpower Requirements.

Manpower Requirement in Hotel Sector: designations, qualifications & remunerations.

Role and Contribution of I.T.D.C. and State Tourism Corporations in Development of Hotel Sector in India, Hospitality Educations of India-Growth & Development, Hospitality Associations (HAI & FHRAI)

Unit-V: Major Hotel Chains in India

The Taj Group of Hotels Oberai

Hotel & Resorts Lalit Hotels

The Ashok Group of Hotels

Text Books:

1. Introduction to Hospitality Industry-Bagri S.C. & Dahiya Ashish, Aman Publications, 2008
2. Introduction to Hospitality- Walker John, Pearson, 2016
3. Hotel Front Office: A Training Manual- Andrews Sudhir, Tata McGraw-Hill Education, 2013
4. Hotel Housekeeping: A Training Manual- Andrews Sudhir, Tata McGraw-Hill Education, 1986
5. Hotel and Lodging Management and Introduction: Alan T. Stutis & James F. Wortman, Wiley, 2005

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - तृतीयवर्षः (पञ्चमसत्रम्)
संस्कृतम्-V [6 credits]
Paper Code- BY-DSE-509

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) समासप्रकरणम् (समासविधायकसूत्रमात्रम्)
सूत्रव्याख्या, सूत्रस्मरणम्, समास-विग्रहकरणम्
- इकाई (२) केनोपनिषद्
श्लोकव्याख्या, श्लोकस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) भगवद्गीता - द्वादशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) सत्यार्थप्रकाशः (द्वितीयसमुल्लासः)
श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) छन्दःपरिचयः (लक्षण-उदाहरणम्)
अनुष्टुप्, वसन्ततिलका, उपजातिः, शार्दूलविक्रीडितम्, शिखरिणी, मालिनी

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. भगवद्गीता - गीताप्रेस, गोरखपुर
4. सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्यप्रचारट्रस्ट, ब्रजवासीआर्ट, नोएडा
5. वृत्तरत्नाकरः - केदारभट्टः, चौखम्बाप्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - तृतीयवर्षः (पञ्चमसत्रम्)
संस्कृतम्-VI [6 credits]
Paper Code- BY-DSE-510

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

- इकाई (१) कृदन्तप्रकरणम् (वाक्यरचना अनुवादश्च)
क्त, क्तवतु, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्. क्त्वा, ल्यप्
तद्धितप्रकरणम् (वाक्यरचना अनुवादश्च)
मतुप्, वतुप्, तरप्, तमप्, मयट्, तल्, टाप्, डीप्
- इकाई (२) छान्दोग्योपनिषद् - नारदसनत्कुमारसंवादः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) नीतिशतकम् (५१-१००)
(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) अभिज्ञानशाकुन्तलम् - चतुर्थाङ्कः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) भगवद्गीता - षोडशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. अभिज्ञानशाकुन्तलम् - कालिदासः, श्रीकृष्णमणित्रिपाठी, चौखम्बाप्रकाशन, दिल्ली
5. भगवद्गीता - गीताप्रेस, गोरखपुर

GE (Generic Elective)
Paper Name: Indian Philosophy & Culture
Paper Code- BY-GE-501

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

After completion of this paper:

- Students will have an understanding about various schools of Indian philosophy
- They will have an idea about the various features of traditional Indian culture

Unit-1: -Introduction to Indian Philosophy (8 Hours):

Literal Meaning and Definition of Philosophy, Role of Philosophy in Human Life, Characteristics Of Indian Philosophy, Bodies Of Indian Philosophy: Vedic-Non-Vedic. The Three Main Areas of Philosophy –PramanMimamsa (Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics).

(Prescribed Text Book – भारतीय दर्शन, आचार्य बलदेव उपाध्याय– चयनित पाठ्यांश

UNIT-2: -Introduction to Six Schools Of Vedic Philosophy (20 Hours):

General Introduction and Theory (Tattva Mimamsa& Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan
3. Samkhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
6. Vedanta Darshan

(Prescribed Text Book – दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार

Unit-3: -Introduction to Jain, Buddhist, Charvak Philosophy (20 Hours):

General Introduction and Principles (Tattva Mimamsa& Ethics)

1. Jain Darshan
2. Buddhism
3. Charvak Darshan

(Prescribed Text Book – सर्वदर्शन संग्रह, माध्वाचार्य

Unit-4: -Introduction To Culture (12 Hours):

Literal Meaning and Definition Of Culture. Concept And Importance Of Culture. General Introduction to The Base Scriptures Of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita. (Prescribed Text Book - वैनदकसानहतयएवंसंस्कृत--डा0 कनपलदेवनद्वेदी)

Unit-5: -Salient Features Of Indian Culture - (10 Hours):

PurusharthaChaturthya, Ashram System, Varna System, Karma Principles, Sixteen Rites, PanchaMahayajna, Debt-Triad, Co-Existence - Universal Relationship

References / supporting books

1. दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय दर्शन, आचार्य बलदेव उपाध्याय— चयनित पाठ्यांश
3. धर्म दर्शन संस्कृति, डॉ० रूप किशोर शास्त्री
4. Teaching yourself philosophy: Indian Philosophy- Dr. R.P. Sharma
5. An outline of Indian Philosophy- M. Hiriyana

GE (Generic Elective)
Paper Name: Ancient Indian Social Life and Institutions

Paper Code- BY-GE-502

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Social history happens to be the core around which the historical reconstruction of any civilization takes place. This course introduces to the students the basic social ideas and institutions of ancient India. Social stratifications through Varna-Ashram system and the necessity and significance of the institutions of marriage and family are discussed in first two units respectively. The health of any society is manifested through the position a woman enjoys. This is brought to the fore in the third unit. The ethical values cherished upon the idea behavior patterns are the subject matters of the fourth unit, while the fifth unit describes the educational system of ancient India.

Unit I: **(15 Lect.)**

Varna-Ashrama System
Origin and development of Varna Vyavastha
Origin, development and significance of Ashrama
JatiVyavastha

Unit II: **(13 Lect.)**

Marriage and Family
Meaning and objectives of marriages
Types of marriages
Concept and component of family

Unit III: **(16 Lect.)**

Position and Role of Women
Position and status of women in Ancient society
Stree Dhan and her Property righys

Unit IV: **(14 Lect.)**

Purusharth and Samsakaras
Types of Purushartha
Types of Samsakaras

Unit V: **(17 Lect.)**

Education System
Objectives of education
Important centers of education: Nalanda, Balabhi, Kashi and Taxila

Text Book:

Mishra, J.S., Prachin Bharat ka Samajik Itihas, Patana, 1986

Recommended Readings:

Altekar, A. S., Education in Ancient India (Also in Hindi)

Altekar, A.S., Position of Women in Hindu Civilization,

Dutt, N. K., Origin and Growth of Caste in India, Calcutta, 1931.

Jauhari, M., Prachin Bharata Mem VarnasramaVyavastha (Hindi), Varanasi, 1985.

Kapadia, K. M., Marriage and Family in India (English)

Tripathi, L.K. (ed.), Position and Status of Women in Ancient India, 2 Vols., Varanasi, 1988 and 1992

SEC (Skill Enhancement)
Paper Name– Yoga Therapy
Paper Code-BY-SEC-501

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives: Following The Completion of This Course, Students Shall Be Able To

- Understand The Basic Principles of Yoga Therapy.
- Have Knowledge of Different Techniques Used In Yoga Therapy To Cure General Ailments.

Unit-1 (12 Hours)

Concept Of Health: Meaning&Definition. Yoga Therapy: Meaning, Area, Boundaries, Purpose& Principles; Major Yogic Techniques Useful In Health Protection - Shatkarma, Asana, Pranayama, Mudra, Meditation.

Unit 2 (12 Hours)

Concept Of Panchamahabhut, PanchkoshasAndShatchakra For Healthcare. Yoga Therapy- Rules And Precautions.

Unit 3 (12 Hours)

Yogic Management Of Common Diseases Including Symptoms& Causes - Respiratory Disease: Sinusitis, Breathing Problem, Asthma, Common Cold, Digestive System Diseases - Constipation, Indigestion, Ulcers, Jaundice, Colitis.

Unit 4 (12 Hours)

Yogic Management Of Common Diseases Including Symptoms& Causes - Circulatory System - High Blood Pressure, Low Blood Pressure, Heart Artery Blockage.

Unit 5 (12 Hours)

Yogic Management Of Common Diseases Including Symptoms& Causes - Endocrine Gland Related Problems, Diabetes, Thyroid, Obesity, Bone/Muscle Related, Spondylitis (Cervical And Lumbar), Arthritis, Gouts, Gynecology, Menstrual And Reproductive Diseases.

TEXT BOOKS

1. S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. PraveshHanda: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J. Singh: My Nature Cure or Practical Naturopathy

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
2. M.K.Gandhi. : My Nature Cure
3. Dr Jitendra Arya; Nature Cure, Pune.
4. M.K.Gandhi : The story of my experiment with truth

Core Practicum
Paper Name - Yoga Practicum-V
Paper Code – BY-CP-501

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-I: Yogasanas

Karnapeedasana, Kapotasana, Rajkapotasana, Bakasana, Kukkutasana, Garbhasana, Marjariasana. Matsyendrasana, Sirsasana, Padangushthasana, Hastapadangushthasana, Garudasana, Vatayanasana, Natrajasana, Mayurasana, EkpadaKandarasana, Dwipadakandarasana.

Unit-II: Pranayama (With Antar&BahyaKumbhaka)

Suryabhedhi, Ujjai, Sheetli, Sitkari, Bhastrika, Bhramari Pranayama,

Unit-III: Bandh

Maha Bandha, Tri Bandha.

Unit-IV: Shatkarma

Dhauti (Danda), Neti (Jala, Sutra), Trataka

Unit-V: Practice Leading To Meditation

Pranava and Soham Japa, Antarmouna, Dharana, Pracice of Dhyana, Breath Meditation, Om Meditation

Continuous Evaluation By The Teachers

SEMESTER 6th		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
DSE -Discipline Specific Elective, Choose any Two (One for each selected Disciplinary)									
BY-DSE-601	Shrimadbhagavad Gita Bodh	5	1		6	20	10	70	100
BY-DSE-602	Dissertation/ Project Work	5	1		6	0	0	100	100
BY-DSE-603	Abnormal Psychology	5	1		6	20	10	70	100
BY-DSE-604	PRINCIPLES AND APPLICATIONS OF COUNSELING	5	1		6	20	10	70	100
BY-DSE-605	Modern European History (1453-1945)	5	1		6	20	10	70	100
BY-DSE-606	History of India (1760 A.D. TO 1950A.D.)	5	1		6	20	10	70	100
BY-DSE-607	Tourist Attractions in World	5	1		6	20	10	70	100
BY-DSE-608	International Travel Management	5	1		6	20	10	70	100
BY-DSE-609	संस्कृतम्- VII	5	1		6	20	10	70	100
BY-DSE-610	संस्कृतम्- VIII	5	1		6	20	10	70	100
Inter Disciplinary/Generic Elective Select any one									
BY-GE-601	Ancient Indian Religion	5	1		6	20	10	70	100
BY-GE-602	Basic of Diet and Nutrition	5	1		6	20	10	70	100
SEC (Skill Enhancement)									
BY-SEC-601	Theory and Practical of Vocal and Instrumental Music	3	1		4	20	10	70	100
CP (Core Practicum)									
BY-CP-601	Yoga Practicum-VI	0	0	8	4	20	10	70	100
					26	TOTAL			650

DSE (Discipline Specific Elective)
Paper Name- Shrimadbhagavad Gita Bodh
Paper Code- BY-DSE-601

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

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

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.

Unit 1: ShrimadBhagwadgita Introduction (12 Hours):

General Introduction of the Bhagavad Gita, The Great Significance of the Bhagavad Gita and Various Scholars' Views in Relation to It, Synthesis of Yoga in The Bhagavad Gita, The Major Definitions of Yoga, The Nature of Yoga, Yoga Sadhana in The Bhagavad Gita, Relevance of The Bhagavad Gita in The CurrentEra.

Unit-2: Gyan Yoga –Atman, Prakriti &Parmatman (12 Hours):

Sankhya Yoga or Jnana Yoga (Chapter-2,3,4,5,6,13), The Form of the Soul (Chapter-2), The Form of the Supreme Soul (Purushottama), (Chapter-4,8,10,11,13,15), Form of Prakriti (Chapter-9,13,14).

Unit-3: Karma Yoga and Meditation Yoga (12 Hours):

Concepts of Karmayoga (Chapter-2-6), Form Of Yajna, Yajnartha Karma, Nishkam Karma (Chapter-3, 4), Lok Sangrah (Chapter-3), Jnana-Karma Coordination (Chapter-5), Forms Of Dhyana Yoga (Chapter-6).

Unit 4: Bhakti Yoga (12 Hours):

Concepts of Bhakti and Mahatmya (Chapters-7, 8, 9, 11, 12), The Necessity of Devotion in Divine Realization (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7, 12) Characteristics of The Devotee (Chapter-12, Verse-13-20)

Unit 5: Personality, Diet and Trigun Concept (12 Hours):

Role of Diet in Yoga Practice (Chapter-6), Introduction to Trigunas (Chapter-14), Concept of Trigun-Based Personality (Chapter-17), Elements of Personality Development, Ideal Personality- DaiveeSampda (Chapter-16).

Prescribed Text Book -

1. श्रीमद्भगवद्गीता- गीतामृत- योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ

Supporting text book

1. गीतारहस्यलोकमान्यतिलक (चयनितपाठ्यांश)
2. Shrimadbhagvadgeeta- Tattvavivechini-JaidayalGoyandaka, Geeta Press Gorakhpur.

DSE (Discipline Specific Elective)
Paper Name- Dissertation/ Project Work
Paper Code- BY-DSE-602

Credit- 6

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.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical tests and their application.
- Write a research project/Case Study/ Survey

RESEARCH PRACTICAL

A Case Study/ Exploratory Research/ Survey Has to be conducted under the supervision of a Lecturer /Assistant Professor.

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

This pilot research should be submitted to the supervisor and the course coordinator.

DSE (Discipline Specific Elective)
Paper Name- ABNORMAL PSYCHOLOGY
Paper Code- BY-DSE-603

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- Introducing students to the branch of abnormal psychology.
- To educate the students about the symptoms, causes and treatment of different types of mental disorders.

1. Introduction:

- A. Defining Abnormal: four Ds' Deviation, Distress, dysfunction, and danger
- B. Difference between Normality and Abnormality
- C. Historical perspective on etiology and treatment of abnormality: prehistoric, the medieval ages, the Renaissance and modern perspective
- D. Brief Introduction about DSM -5 and ICD-10

2. Anxiety disorders

- A. The nature of anxiety and autonomic arousal
- B. Generalized anxiety disorders (Symptom, Causes and treatment)
- C. Phobia (Symptom, Causes and treatment)
- D. Obsessive Compulsive Disorder (Symptom, causes and treatment)

3. Mood Disorders:

- A. Meaning & symptoms: Emotional, Cognitive, Motivational, Physical and Behavioural.
- B. Types: Major Depressive Disorder (MDD), Dysthymia, Seasonal Affective Disorder (SAD), Post-Partum Disorder (PPD)
- C. Causes of Depression: Biological, Psychological and Socio- Cultural
- D. Treatment: Biological, Psychological and Socio- Cultural

4. Childhood Disorders:

- A. Autistic Disorder: Symptoms, Causes & Treatment
- B. ADHD : Types, Symptoms , Causes & Treatment
- C. Conduct Disorders : Symptoms, Causes & Treatment
- D. Dyslexia : Types , Symptoms, Causes & Treatment

5. Somatoform disorders

- A. Introduction and symptoms
- B. Types of somatoform disorders
- C. Pharmacological treatment
- D. Psychosocial intervention

Reference Books:

1. Irwin, B.W. (1976). *Clinical Methods in Psychology*. New York: Willey Interscience.
2. Kendall. (1980). *Modern Clinical Psychology*. New York: Willey.
3. Korchin, S.J. (1976). *Modern Clinical Psychology*. New York: Basic Books.
4. Shaffer, G.W. and Lazarus, L.S. (1952). *Fundamental concepts of clinical Psychology*.
5. Wolberg, L.R. (1988). *The Techniques of Psychotherapy (Vol. 1 & 2)*. London: Jason Aronson Inc.
6. Wolman, B.B. (1965). *Handbook of clinical Psychology*, New York: Mc Graw Hill.

Text Books

7. Sing, A.K. (2013.) *Uchatar Naidanic Manovigyan, (Advanced Clinical Psychology) 7th revised edition*.

DSE (Discipline Specific Elective)
Paper Name- PRINCIPLES AND APPLICATIONS OF COUNSELING
Paper Code- BY-DSE-604

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

- To develop an understanding of basic concepts, process and technique of counseling
- To enable the learner with the challenges of counseling.

1. Introduction:

- A. Meaning and definitions of counseling
- B. Nature (characteristics) of Counseling
- C. Scope of counseling
- D. Ethical issues in counseling

2. Goals and skills of the counselor

- A. Goals of counseling
- B. Formulation of counseling goals and difficulties in it
- C. Skills of the counselor: generic, macro and micro, ancilliary skills
- D. Opportunities in the area of counseling

3. Counseling process:

- A. Characteristics of the counseling climate
- B. Creation of Counseling Climate
- C. Structuring the counseling process: main stages
- D. Factors affecting counseling processes

4. Approaches to counseling:

- A. Rational emotive behavior approach
- B. Behavioral Approach
- C. Existential Approach
- D. Indian techniques: Buddhist approach, Vedic Approach, transcendental meditation

5. Counseling students having behavioural problems

- A. Behavioural problems of students
- B. causes of behavioural problems of students
- C. role of parents, teacher and counselor in the management of behavioural problems of the students
- D. Role of guidance and counseling techniques

Reference Books:

1. Gelso, Charles & Fretz, B. R. (1995). Counseling psychology, New York, PrisoM Harcourt Brace.
2. Nystul, M.S, (2001). Introduction to counseling, New Mexico State University, Allyn and Bacon.
3. Palmer S & Mc Mohan G (1997). Handbook of counseling psychology, Landon, British association for counseling.
4. Robert, L. G. (2005). Introduction to counseling & guidance, New Delhi, Pearson education.

Text book

5. Rao, S.N. (2001). Counseling Psychology, New Delhi, Tata Mc Graw Hill.

DSE (Discipline Specific Elective)
Paper Name- Modern European History (1453-1945)
Paper Code- BY-DSE-605

Credit- 6

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Unit I: **(12 Lect.)**

Renaissance and Reformation: Renaissance: Roots, Spread in Europe, Development in Art Reformation: Course and Results, Evolution of European State System: Spain, France, England and Russia. Shift from Despotism to Enlightenment

Unit II: **(13 Lect.)**

The French Revolution and its European Repercussions; Crisis of the Ancient Regime; Social classes and emerging gender relations. Phases of the French Revolution, Emergence of Napoleon Bonaparte: Expansion, Consolidation and Downfall, Congress of Vienna & Peace Settlements; Metternich,

Unit III: **(10 Lect.)**

Phase of Conservatism; French Revolutions of 1830 and 1848;
Napoleon III: Domestic and Foreign Policy
Eastern Question up to 1856

Unit IV: **(13 Lect.)**

Unification of Italy: Mazzini, Garibaldi, Unification of Germany: Bismarck

Unit V: **(12 Lect.)**

World Wars: First World War: Causes, Results. Second World War: Causes and Results

TEXT BOOK:

Gupta P. S. Adhunik Europe ka Itihas

Recommended Books:

- David Thompson: World History: 1914-1968. Oxford University Press, 1969
Charles Downer Hazen: Modern Europe since 1789. S. Chand Ltd., New Delhi, 1995
E.H. Carr: Twenty Years Crisis. London, 1958
R.D. Cornwall: World History in 20th Century. Longman, London, 1961
A.J.P. Taylor: Struggle for Mastery of Europe. Oxford, London 1974
F. Lee Benne & Mary Elizabeth Sheldon: Europe: 1939 to Present. New York, 1971
Gathorn Hardy: Europe: A Short History of International Affairs. Oxford, 1947

DSE (Discipline Specific Elective)

Paper Name-History of India (1760 A.D. TO 1950A.D.)

Paper Code- BY-DSE-606

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Unit I: (10 Lect.)

Rise of the British Power in Bengal: Plassey and Buxar, Clive's second govern ship of Bengal, Warren Hastings, Cornwallis, Wellesley, William Bentinck, Lord Dalhousie-Reforms and Doctrine of Lapse.

Unit II: (13 Lect.)

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905 Extremists and Monetarists, Birth of Nationalism

Unit – III: (14 Lect.)

Partition of Bengal and Swadeshi Movement., Revolutionary Movement-Causes of its emergence and main activities in India. Ghadar Party- Formation and Activities. Hindustan Socialist Republican Association-Bhagat Singh and BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj

Unit – IV: (12 Lect.)

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement

Unit: V (11 Lect.)

Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten's Plan & Partition; The Indian Independence Act of 1947

Recommended Books:

Ramkrishna Mukherji: The Rise and Fall of the East Indian Company

R.C. Mazumdar, H.C. Roychaudhuri&Kalikinkar Datta: An Advanced History of India (In Hindi: Bharat ka BrihadItihas)

S.C. Sarkar & K.K. Datta: Modern Indian History, Vol.II (In Hindi: Adhunik Bharat ka Itihas) T.G.P.Spear: The Oxford History of Modern India

G.S.Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)

A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki SamajikPristabhoomi)

Ram Lakhna Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad aur Rashtravad G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)

S.C. Sarkar: The Bengal Renasissance (In Hindi: Bengal ka Navjagaran)

DSE (Discipline Specific Elective)
Paper Name- Tourist Attractions in World
Paper Code- BY-DSE-607

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective:

This model gives information of countries Tourist places of World importance and it helps students to know the background elements of Cultural & Natural Tourism Resources.

Unit- I

Europe: U.K.& France : To study the Eiffel Tower of France and Cassel Museum & Art Galleries of U.K.

Unit- II

Asia : China & Singapore: A brief analysis of Great wall and Forbidden city of China and evaluating resource attraction of Singapore Zoo, bird Park and Sentosa Island.

Unit- III

Africa: South Africa & Egypt An exploratory study of Kruger National Park of South Africa & In-depth study of Pyramids of Giza of Egypt.

Unit- IV

America: USA & Brazil : A brief analysis of Disney land, Lakes & waterfalls of USA and the Rainforest & Carnival of Brazil.

Unit- V

Australia : To study the tourism attraction features of Sydney, Canberra.

Reference:

- ❑ Ahmad, Aizaz: General Geography of India, NCERT, New Delhi
- ❑ Goh Cheong Long: An Economics Atlas of India, Oxford University.
- ❑ World Atlas, Oxford press.
- ❑ Singh, R.L. (ed) India: A Regional Geography National Geographical Society of India, Varanasi, 1989.

- ❑ Manorama Year Book
- ❑ Indian Year Book, Publication Division, Govt. of India, NewDelhi
- ❑ Tourism Planner.
- ❑ Tour Brochures of relatedplaces.
- ❑ Lonely Planet-India and relateddestinations.
- ❑ Websites of relateddestinations.

DSE (Discipline Specific Elective)
Paper Name- International Travel Management
Paper Code- BY-DSE-608

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

Tourism industry is growing at very fast pace. In India the outbound tourism and inbound tourism are also growing. International tourism involves several types of formalities. The students of tourism should know about such formalities, which are needed in the form of several documents. In this course the students will learn about required documents in foreigntravels.

Unit- I

Preparing Passport

Passport, requirements, checklists, types changes, procedure, tatkal scheme and fees, passport act and penalties under section 12(1)B, Online Application for Passport.

Unit- II

Rules and regulations about eligibility, quantum and documentation required for

Travel Out of India: Foreign Exchange Management Act, Basic Travel Quota, Foreign Exchange for Business Visits, Travel Insurance Traveling Into India: Foreign Currency, Indian Currency, Process for Encashment of Foreign Currency, Travel Insurance.

Unit- III

Obtaining Visas

Documents for obtaining visa of major tourist destinations of world including health check documents, Types of visa, visa fees, Refused of Pending Visas, Destination DepartureRecords.

Unit- IV

Visiting Tourist Destinations

Tourist visa for New Zealand and Australia, Tourist visa for Europe, Tourist visa of USA &Canada

Unit- V

Airport & Airline Code

IATA Codes: City, Airport & Airlines codes of India and world.

Reference:

- ❏ Websites of UK, USA, Canada and Australia
- ❏ Websites of Indian ministries and offices related to foreign exchange
- ❏ <http://passport.gov.in/pms/onlineRegistration.jsp>
- ❏ <http://passport.gov.in/>
- ❏ Galileo systems
- ❏ ABC & OAG Guide, TIM AirTariff
- ❏ Visa formalities of different countries. (See websites of countries)

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - तृतीयवर्षः (षष्ठसत्रम्)

संस्कृतम्-VII [6 credits]

Paper Code- BY-DSE-609

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

- इकाई (१) श्वेताश्वतरोपनिषद् (प्रथम-द्वितीयाध्यायौ)
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (२) सत्यार्थप्रकाशः (सप्तमसमुल्लासः)
श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) काव्यदीपिका - द्वितीयशिखा
गद्य-पद्यव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) भगवद्गीता - सप्तदशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) बुद्धचरितम् - प्रथमसर्गः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. ईशादि नौ उपनिषद् - गिताप्रेस गोरखपुर
2. सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्यप्रचारट्रस्ट, ब्रजवासीआर्ट, नोएडा
3. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी
4. भगवद्गीता - गीताप्रेस, गोरखपुर
5. बुद्धचरितम् - चौखम्बाविद्याभवन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - तृतीयवर्षः (षष्ठसत्रम्)

संस्कृतम्-VIII [6 credits]

Paper Code- BY-DSE-610

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

इकाई (१) सम्भाषणसंस्कृतम्

इकाई (२) छन्दः

तोटकम्, द्रुतविलम्बितम्, शालिनी

अलङ्कारः

प्रतिवस्तूपमा, काव्यलिङ्गम्, दृष्टान्तः

इकाई (३) पत्रलिखनम्

इकाई (४) अनुवादः

आर्यभाषातःसंस्कृतभाषायाम्

संस्कृतभाषातःआर्यभाषायाम्

निर्धारितग्रन्थाः

1. भाषाप्रवेशः - संस्कृतभारती, बेङ्गलूरु
2. वृत्तरत्नाकरः - केदारभट्टः, चौखम्बाप्रकाशन, वाराणसी
3. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी
4. रचनानुवादकौमुदी - डा० कपिलदेव द्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

General Elective (Choose Any Two)

Paper Name:

GE (Generic Elective)

Paper Name: Ancient Indian Religions

Paper Code- BY-GE-601

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

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

- Understand basic ideas and features of ancient Indian religions as manifested through Vedas, Buddhism and Jainism and Puranas.
- Understand the primitive religious beliefs, the Vedic pantheon and sacrifices.
- Basic features of the Sramana traditions which include within its fold Buddhism and Jainism.
- Various cults like Vaishnavism, Śaivism and Śāktism have played a prominent role in popularizing the basic tenets of Purānic religion.

Unit I: Vedic Religion

(16 Hrs.)

Indus Religion: Worship of Mother Goddess, Early form of worship of Yogi Shiva, Origin of Nature worship, Early Vedic Religion: Introduction of Rig-Veda, Rigvedic diety- Indra, Varun, Agni, Rit, Mother Goddess etc, Development Nature worship, Later Vedic Religion: Introduction of Samved, yajurved and Atharvaved, Emergence of religious rituals, The nature and characteristics of the gods of the later Vedic period: Vishnu, Shiva, Prajapati and Mother Goddess.

Unit II : Jainism

(16 Hrs.)

Introduction of Jain Tirthankar: Rishabhdev, Parshwanath and Mahaveer. Various Teachings of Jainism: Teachings of Mahavira: Pancha Mahavrat and Triratn, Svetambara and Digambara, Anekantavada and Syadvada.

Unit III: Buddhism

(10 Hrs.)

Life and teachings of Gautama Buddha: Four noble truths, Octagonal Path, Pratitya Samutpad, Buddhist Councils, Hinayana and Mahayana. Various Dimensions in development of Buddhism.

Unit IV : Puranic Religions

(18 Lect.)

Shaivism: Bhakti Tradition of Shavism: Pashupat Tradition, Kapalik Tradition, Kalmukh Tradition, Bhakti Tradition Vaishnavism: Panchratr, Bhagavat, Krishna and doctrine of embodiment: Bhagavan Vishnu ke das Avatar, and Shaktism: Tridevian- Historical sources of Lakshmi, Durga and Saraswati.

Text Book:

Mishra, J.S., Prachin Bharat ka Samajik Itihas, Patana, 1986

Recommended Readings:

- Agrawala, V.S., PrachinaBharatiyaLokadharma (Hindi and English), Varanasi, 1964.
- Banerjee, J.N., Development of Hindu Iconography, New Delhi, 1985.
- Barth, A., The Religions of India, Varanasi, 1985. 19
- Bevarkara, S.K. and R.D. Ranade, History of Indian Philosophy, Vol. II, Poona, 1927.
- Bhandarkar, R.G., Vaishnavism, Saivism and Minor Religious Systems (Also in Hindi), Varanasi, 1965. Bhattacharya, N.N., History of Sakta Religion, New Delhi, 1974
- Chaturvedi, P., Vaishnava Dharma, Varanasi, 1977.
- Hiriyanna, M.H., Outlines of Indian Philosophy, London, 1932.
- Jaiswal, Suvira, Origin and Development of Vaishnavism (also in Hindi), Delhi, 1996 (2nd ed.).
- Keith, A.B., The Religion and Philosophy of Veda and Upanishads (also in Hindi), Cambridge, 1925
- Upadhyaya, B. Bharatiya Darshana, Varanasi, 1971.
- Bapat, P.V. (ed.), 2500 Years of Buddhism (Also in Hindi), New Delhi, 1987.
- Jain, Hiralal, BharatiyaSanskriti me Jaina Dharma ka Yogadana (Hindi). Bhopal, 1962.
- Jaini, J.L., An outline of Jainism, Cambridge, 1916.
- Jain, Jyoti Prasad, Religion and Culture of the Jains, Delhi, 1995.
- Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I – V (relevant chapters), Bombay, 1951-1957.

GE (Generic Elective)
Paper Name: BASICS OF DIET & NUTRITION

Paper Code- BY-GE-602

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

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

Understand about Yogic Diet and Nutrition

Know about ingredients mentioned in hath yogic texts

Know about biomolecules

Know about nutrition and nutritional values

Unit – 1: Yogic Concept of Diet & Nutrition [12 Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.

Unit –2: Dietetics in Yoga [14 Hrs.]

Vegetarian vs Non-Vegetarian Diet, Classification of diet according to trigunas and panchabhuta; Relationships between rasa, guna, virya, Vipaka, prabhav. Botanical details with rasa, gunavirya, vipaka, prabhav of Kushmand, palandu, rason, narikel, haridra, tuvarak, vasa, lavang, yashtimadhu, pippali, dudhika, shunthi, dadim, chitrak, marich, jirak, ghratkumari, bilva, babul, tulsi, apamarg, sharpunkha, shatavari, ashwagandha, ashok, patha, punarnava, kulath, ela, haritki, amlaki, guduchi, amlaki, shali, Yava, Mugda, Ghrta, Kshira, Navanita, Sita, Gud, Madhu, Shunthi, Surana, on various systems of body.

Unit-3: Biomolecules [12 Hrs.]

Introduction to structure and function of biomolecules. Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body.

Unit-4: NUTRITION-BASICS [14 Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance, requirements and deficiencies; Micro and Macro minerals their classification, sources, role, nutritive value, requirements and deficiencies, . Vitamins – sources, roles, requirements.

TEXT BOOKS:

Acharya Balkrishna: Ayurveda SidhhantRahasya: DivyaPrakashan, Haridwar, 2013
Acharya Balkrishna: JadibutiRahasya: DivyaPrakashan, Haridwar, 2013
Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition
Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005.

REFERENCE BOOKS

Prof. Priyavritt Sharma: DravyagunaVijnana, Chaukhambha Bharti Academy, Varanasi.

SEC (Skill Enhancement)
Paper Name– Theory and Practical of Vocal and Instrumental Music
Paper Code-BY-SEC-601 **Credit- 4**

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

UNIT- I Definitions: -Sangeet, Dhvani, Nada, Swara, Saptak, Alankar, Laya, Sama, Taal, Vadi, Samvadi, Vivadi, Anuvadi, Aroh, Avroh, Pakad, Khayal, Sthai, Antra, Thaata & its Names, Raag, Alaap, Jaati, Bhajan, Lokgeet, LakshanGeet, Thumri.

UNIT- II Origin of Sangeet, Origin of Sound, Twenty Alankars According to KramikPustak Malika, SwarlipiPaddhati of Vishnu Narayan Bhatkhande & Vishnu Digambar Palushkar, About Life & Music, UOP (Koolgeet, YagyaPrarthna), Five Swastivachan Mantra One Patriotic Song, Three Arya Samaj Bhajan.

UNIT- III Raga- Introduction of Yaman, Writing Skill of One chota khayal in Teental with Notation & Two Taan.

Biography of Musicians- Tansen, Pandit Vishnu Narayan Bhatkhande, Lata Mangeshkar.

UNIT- IV Practice of Seven Basic Swar & Five VikritSwar, Om chant In KharajSwar, Primary Stage of Meditation Techniques, Practice of Twenty Alankar According to KramikPustak Malika, Practice of One (Patriotic Song, Motivational Song, Hori, Lokgeet, Bhajan), Three Arya Samaj Bhajan, Practice of Five Swastivachan.

UNIT- V Practice of One chota Khayal in Teental Madhyalaya in Raga Yaman with Two Taan.

Recommended Books: -

1. Sangeet Rachna Ratnakar Part -1 - Rajkishor Prasad Sinha (Author)
2. Raag Parichaya Part -1 – Harishchandra Srivastava (Author)
3. Sangeet prasnottar Part-1
4. Taal Parichaya -1- Acharya Girish Chandra Shrivastava (Author)
5. Adarsh Tabla Prashnotari Part-1- Dr. Rubi Shrivastava
6. Sangeet Praveshika- Acharya Girish Chandra Shrivastava (Author)
7. Kramik Pushtak Mallika Part -1 – V. N. bhatkhande
8. Also Books Recommended by Teacher

Core Practical
Paper Name -Yoga Practicum-VI
Paper Code- BY-CP-601

4Credit

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Yogasana (Advance- Purna)

Bhujang, matsyendra, pakshi, vrishchik, padm-mayura, padm-shirsh, karnapeed. dhanur, goraksha, chakra, omkar, natraj, shalabha.

Dhyanatmak Asanas and Other Practices Leading to Meditation

Sukhasan, Siddhasan, Simhasan, Bhadrasan, Swastikasan, Gaurakshasan, Vajrasan, Pranay and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3)

Mudra

Kaki Mudra, Tadagi Mudra, VipareetKarni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

Shatkarma

VastraDhauti, Shankh-prakshalan

Practices Leading To Meditation

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

Continuous Evaluation by The Teachers

University of Patanjali

BACHELOR OF SCIENCE (HONOURS) YOGA

Syllabus



Dated: 26.04.2022



University of Patanjali

Uttarakhand, Haridwar

Syllabus of BSHY for 2022-25

Date: 26.04.2022

NAME OF PROGRAM: Bachelor of Science (Honours) Yoga [BSHY]

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, body; thought and action; restraint and fulfilment; 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 effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus 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 psychosomatic ailments. This course looks at training the 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 "**Bachelor of Science (Honours) Yoga [BSHY]**"

II. Aim of the Programme

The aim of the programme is to produce "**Yoga Teachers and Therapists for academic and clinical set ups**".

III. Objectives of the programme

1. To introduce basic knowledge of Yoga and its therapeutical applications with its principles, factors, impacts.
2. To make the people aware of the preventive and therapeutic value of Yoga.
3. To bring peace and harmony in the society at large by introducing the Yogic way of life.
4. To produce therapists of high calibre to make the society free from stress and life style related diseases.
5. To produce Yoga Teachers of high calibre to inculcate the knowledge of yoga and its application among the masses.

IV. Duration

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

V. Eligibility

The candidate should have completed 12th Standard with science discipline and atleast 60 % from a recognized board or equivalent.

VI. Scheme of Teaching and Evaluation

Semester- I										
S.No.	Course Code	Course Title	Periods Per Week			Evaluation Scheme				Course Total
			L	T	P	Seasonal			SEE	
						Credit	CT	TA		
1	BSY-CT-101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BSYCT-102	Hatha Pradipika & its Applications	3	1	-	4	20	10	70	100
3	BSY-CT-103	Human Biology –I	3	1	-	4	20	10	70	100
4	BSY-AECCT-104	Basics of Sanskritam	2	-	-	2	10	5	35	50
5	BSY-DSE-105/ BSY-DSE-106/ BSY-DSE-107/ (Choose Any One)	1. Introduction to AYUSH/ 2. Indian Culture & Traditions/ 3. Yoga Psychology	3	1	-	4	20	10	70	100
6	BSY-CP-108	Yoga Practicum- I	-	-	8	4	20	10	70	100
7	BSY-CP-109	Human Biology Practicum I	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Semester- II										
1	BSY-CT-201	Ancient Yogic Texts & its Applications	3	1	-	4	20	10	70	100
2	BSY-CT-202	Gherand Samhita & its Applications	3	1	-	4	20	10	70	100
3	BSY-CT-203	Human Biology –II	3	1	-	4	20	10	70	100
4	BSY-AECCT-204	Environmental Science.	2	-	-	2	10	5	35	50
5	BSY-DSE-205/ BSY-DSE-206/ BSY-DSE-207/ (Choose Any One)	1. Fundamentals of Ayurveda / 2. Ancient Indian Religion / 3. Yoga for Personality Development	3	1	-	4	20	10	70	100
6	BSY-CP-208	Yoga Practicum- 2	-	-	8	4	20	10	70	100
7	BSY-CP-209	Human Biology Practicum II	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
B.SC-II Year										
Semester III										
1	BSY-CT-301	Patanjala Yoga Sutra & its Applications	3	1	-	4	20	10	70	100
2	BSY-CT-302	Essence of Bhagwad Geeta for Holistic Living	3	1	-	4	20	10	70	100
3	BS-GE- 303 BS-GE- 304 (Choose Any One)	Introduction to Holistic Health/ Human Values	3	1	-	4	20	10	70	100
4	BSY-DSE-305 BSY-DSE-306 BSY-DSE-307 (Choose Any One)	1.Fundamentals of Naturopathy / 2. History of Yoga / 3. Yoga Therapy for Common Mental Disorder	3	1	-	4	20	10	70	100
5	BSY-SEC--308	Communicative English	1	-	2	2	10	5	35	50

6	BSY-CP-309	Yoga Practicum-3	-	-	8	4	20	10	70	100
7	BSY-FW-310	Field Work to establish Yoga teachings of Yogrishi Sw. Ramdev Ji	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Semester-IV										
1	BSY-CT-401	Methods of Teaching Yoga	3	1	-	4	20	10	70	100
2	BSY-CT-402	Fundamentals of Biochemistry/ Biomechanics	3	1	-	4	20	10	70	100
3	BS-GE-403 BS-GE-404 (Choose any 1)	Introduction to Indian Philosophy/ Introduction to Principal Upanishads	3	1	-	4	20	10	70	100
4	BSY-DSE-405 BSY-DSE-406 BSY-DSE-407 (Choose any 1)	1. Fundamentals to Unani, Sidhha & Homeopathy/ 2. History of Vedic Science & Technology / 3. Cognitive Psychology	3	1	-	4	20	10	70	100
5	BSY-SEC--408	Anthropometric Assessments	1	-	2	2	10	5	35	50
6	BSY-CP-409	Yoga Practicum -4	-	-	8	4	20	10	70	100
7	BSY-CP-410	Practicum Biochemistry & Biomechanics.	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
B.SC-III Year										
Semester-V										
1	BSY-CT-501	Yogopnishad-I	3	1	-	4	20	10	70	100
2	BSY-CT-502	Yoga Therapy with Disease specific Yoga Therapy Modules-I	3	1	-	4	20	10	70	100
3	BSY-CT-503	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	BS-GE-504 BS-GE-505 (Choose any 1)	1. Fundamentals of Computer Application OR 2. Councelling and its yogic components	3	1	-	4	20	10	70	100
5	BSY-SEC--506	Yajnopathy	1	-	2	2	10	5	35	50
6	BSY-CP-507	Yoga Practicum -5	-	-	8	4	20	10	70	100
7	BSY-CP-508	Case Study/ Exploratory/ Survey	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Semester-VI										
1	BSY-CT-601	Yogopnishad-II	3	1	-	4	20	10	70	100
2	BSY-CT-602	Yoga Therapy with Disease specific Yoga Therapy Modules-II	3	1	-	4	20	10	70	100
3	BS-GE- 603 BS-GE- 604 (Choose any 1)	1. Advance Computer Applications 2. Wellness Tourism	3	1	-	4	20	10	70	100
4	BSY-SEC-605	Study Tour	-	-	-	2	10	5	35	50

5	BSY-CT-606	Complementary and Alternative Therapy (CAT)	3	1	-	4	20	10	70	100
6	BSY-CP-607	Yoga Practicum -6	-	-	8	4	20	10	70	100
7	BSY-CP-608	CAT Practicum	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Total Credit						144				3600

Semester-I

COURSE DETAILS

Course Name:	FOUNDATIONS OF YOGA
Course Code:	BSY-CT-101
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE):	70 Marks
Internal Assessment:	30Marks

Course Objectives:

The Course 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 different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional texts.

UNIT-1: GENERAL INTRODUCTION TO YOGA [15HRS.]

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

UNIT-2: DIFFERENT STREAMS OF YOGA [15 HRS.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna, Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti Yoga, Karma-Yoga and Jnana Yoga.

UNIT - 3: BRIEF ABOUT YOGA IN TEXTS [15HRS.]

Brief of Yoga in Vedas and Yoga in Principal Upanishads, Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras. Yogic perspective: Puranas with emphasis to Bhagavat Purana; Emphasis to Vedantic approach of Shankaracharya, Ramanujacharya, Madhvacharya and Vallabhacharya.

UNIT-4: INTRODUCTION TO EMINENT YOGIS [15 HRS.]

Introduction to eminent Yogis and their style of Yoga: Hiranyagarbha, Vyasa, Kapilmuni, Bhrtihari, Adishankaracharya, Maharshi Dayanand, Swami Vivekanand, Maharshi Arvind, Swami Kuvalyanand, Swami Shivanand, Yogrishi Swami Ramdev.

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji : Yog ke moolbhut Sidhhant, Divya Prakashan, Haridwar.
2. Acharya Balkrishna: Grihasth Yog Sadhak k Gun, Divya Prakashan, Haridwar, 2017.
3. Singh S P & Yogi Mukesh: Foundations of Yoga, Standered Publication, New Delhi, 2010.
4. Yogendra Purushartha (Sw. Divyananda Saraswati): Vedo me Yog Vidya, Yogic Sodhsansthan, 1985.
5. Yogrishi Swami Ramdev Ji: Ek Yogi Ek Yodhha, Divya Prakashan, Haridwar, 2015.
6. Sri Vishwanath Mukharji: Bharat ke Mahan Yogi, Vishvaavidyalaya Prakashan, 2012.

BOOKS FOR REFERENCE

1. Acharya Balkrishna: Yog Vishwakosh, Divya Prakashan, 2014.
2. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.
3. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
4. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
5. Max Muller K. M: The six systems of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008
6. Paul Brunton: A search in secret India, Riders Books, 2003.

Course Name: HATHAYOG PRADIPIKA & ITS APPLICATIONS
Course Code: BSY-CT-102
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam (SEE): 70 Marks
Internal Assessment: 30 Marks

Objectives:

By introducing Hathayoga Pradipika shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hathpradipika.
- Have an understanding about various chapters of Hathpradipika.
- Quote references of each practice as per traditional texts.

Unit-1 PRE-REQUITES OF HATHA YOGA [20 HRS.]

Concept of Matha, Introduction to hathyogis, concept of hatha, Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors), Yama and Niyam, Pathya and Apathay Ahar, mitahara, hathsiddhi lakshan, concept of Nadi and Nadi-Sodhan, outcomes of Nadishodhana, precautions and contraindication of hathyoga practices.

UNIT - 2: ASANAS AND SHAT KARMAS [15 HRS.]

Asanas; Techniques and Results- Swasthika asana, Gomuka asana, Vira asana, Kurma asana, Kukkuta asana, Uttana Kurma asana, Dhanura asana, Matsya asana, Paschima Tana, Mayura asana, Sava asana, Siddha asana, Padma asana, Simha asana, Bhadra asana

Shatkarma: Dhauti, Basti, Neti, Trataka, Nauti and Kapala Bhati; (Techniques and Results). Pranayama (Kumbhkas); Techniques and Outcomes of Kumbhskas; Surya Bhedan, Ujjayi, Sitkari, Sitali, Bhastrika, Bhramari, Murchha, and Plavini

UNIT - 3: TECHNIQUES AND OUTCOMES OF MUDRA AND BANDHA [15 HRS.]

Mudra and Bandha; Techniques and Results- Maha Mudra, Maha Bandha, Maha Vedha, Khechari, Uddiyana, Moola Bandha and Jalandhara Bandha, Viparita Karani Mudra, Vajroli and Shakti Chalana.

UNIT - 4: TECHNIQUES AND OUTCOMES OF NADANUSHANDHAN AND SAMADHI [10 HRS.]

Samadhi, Nada Anusandhan; Armbha Avstha (beginning Stage), Ghata Avastha (Vessel Stage), Parichya Avstha (Stage of Increase) and Nishpatti Avastha (Stage of Consummation)

TEXT BOOKS

1. G.S Sahaya: HathaYoga Pradeepika of Svatmarama, MDNIY Publication, New Delhi, 2013
2. Sw. Digamber ji & Raghunaath Shastri - Hatha Pradipika, Kaivalyadham SMYM samiti, Lonavala, 2006.

BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, the Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009.
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
5. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
6. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013.
7. Swatmaramaji: Hathpradipika (Jyotsana- tika), Adyar Library, Madras.
8. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.
9. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
10. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga publication trust, Munger, 2000

Course Name: HUMAN BIOLOGY-I
Course Code: BSY-CT-103
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

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.

UNIT-1: INTRODUCTION TO HUMAN BIOLOGY; CELLS AND TISSUES [15HRS]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Globiboly,Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; **Homeostasis; Tissue;** Structure and function of epithelial tissue (simple and compound); Connective tissue - (proper, skeletal, vascular); Muscular Tissue (Skeletal, involuntary and cardiac); Nervous tissues (Myelinated neuron and Non myelinated neuron).

UNIT-2: DIGESTIVE AND RESPIRATORY SYSTEM [15 HRS]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); **Digestive system** -buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-liver, pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and undernutrition; **Respiratory system** -nose, nasal cavity, pharynx, trachea, larynx, bronchiole, lungs; Mechanism of breathing (expiration and inspiration); Transportation of respiratory gases (transportation of oxygen and carbon dioxide).

UNIT-3: CARDIOVASCULAR SYSTEM [15 HRS]

Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; cardiac output and cardiac cycle; Functional anatomy of blood, vessels; Blood pressure and regulation of blood pressure. Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting;

UNIT-4: MUSCLES- SKELETAL SYSTEM [15 HRS]

Anatomy of the Skeleton: Classification of bones-axial bones and appendicular bones; Types of joint –synovial joints and fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

TEXT BOOKS

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. Anatomy and Physiology: Yogic Context: Dr Sharadchandra Bhalekar, Kaivalyadhama, Lonavla, Pune.
3. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for nurses

REFERENCE BOOKS:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Course Name:	BASICS OF SANSKRITAM-I
Course Code:	BSY-AECCT-104
Total Credit:	02
Teaching Hours:	30 Hrs (02 Lecture + 00 Tutorial per Week)
Final Exam:	35 Marks
Internal Assessment:	15Marks

Objectives:

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

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

Unit-1: संस्कृतभाषा परिचय (5)

संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध, संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित रोमन लिपि में लेखन एवं पठन, वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान। कारक, विभक्ति, लिङ्, वचन, पुरुष, लकार एवं वाक्यांग परिचय। संस्कृत संख्याएं (एक से सौ तक)

Unit-2: शब्दरूप (8)

अजन्त शब्दरूप—राम, बालिका, पुस्तक, मुनि, वारि, नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित। सर्वनाम शब्दरूप—अस्मद्, युष्मद्, तद् (तीनों लिंगों में), एतद् (तीनों लिंगों में), किम् (तीनों लिंगों में,) शब्दों के रूप अर्थज्ञान सहित। हलन्तशब्दरूप—भगवत्, नामन्, जगत्, भवत् (तीनों लिंगों में) शब्दों के रूप अर्थज्ञान सहित।

Unit-3: धातुरूप (8)

भू, अस्, पठ्, कृ, लिख्, नम्, दृश्, वद्, गम्, स्था, पा, दा, ज्ञा, कथ्, चिन्त्, श्रु, खाद्, धातुओं के पांच लकारों लट्, लृट्, लङ् लोट्, विधिलिङ्, में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित।

Unit-4: वाक्यनिर्माण (9)

प्रथमदीक्षा के प्रथम, द्वितीय एवं तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

TEXT BOOKS

- 1 द्विवेदी कपिल देव: प्रारम्भिक रचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011
- 2 द्विवेदी कपिल देव: रचनानुवादकौमुदी, विश्वविद्यालय प्रकाशन वाराणसी 2011
- 3 द्विवेदी कपिल देव: प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007
- 4 प्रथमदीक्षा, राष्ट्रिय संस्कृत संस्थान, नई दिल्ली

BOOKS FOR REFERENCE

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
3. महर्षि दयानन्द सरस्वती: वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत हरियाणा।

Course Name: DISCIPLINE SPECIFIC ELECTIVE-I (Any one stream of the following)
1. INTRODUCTION TO AYUSH OR
2. INDIAN CULTURE AND TRADITION OR
3. YOGA PSYCHOLOGY

INTRODUCTION TO AYUSH

Course Code: BSY-DSE-105 (DSE-01)
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Objectives of Introduction to Ayush:

- Students will acquire knowledge regarding the traditional System of Medicine
- Students will acquire knowledge regarding concepts of health & disease.
- Students will acquire knowledge regarding other supportive Indian systems of medicine

Unit- 1: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [25 Hrs.]

The four aspects of life (Soul, Mind, Senses and Body); Panmahabhutas (the five element theory), Ahara, Vihara and Ausadhi (three pillars of Ayurveda); Concept, role and importance of – Dosha, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāna, Prakrti (Deha Prakrti, Manasa Prakrti); Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacarya (daily routine), concept of Ritucarya (Seasonal routine), Svasthavāta in Āyurveda; Concept of Trayo Upasthambas.

Unit-2: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA & NATUROAPTHY [20 Hrs.]

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita. Naturopathy- Definition, Meaning, Application, Scope and limitations, History of Naturopathy – Indian and Western

UNIT- 3: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY [15 HRS.]

History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

TEXT BOOKS:

1. Acharya Balkrishna: Yog Sidhant Rahasya, Divya Prakashan, Haridwar 2013
2. Dr R Nagarathna: Yoga and Health, SVYASA, Bangalore.

REFERENCE BOOK:

1. Taitriya Upnishad
2. Dr. Rakesh Jindal: Prakritic Ayurvijnana, Pune.
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.
4. Richards Hughes: The Principal and Practice of Homeopathy, B Jain publication, 2008.
5. Introduction to AYUSH; www.slideshare.net/digvijay03/introduction-of-ayush-71028486

INDIAN CULTURE AND TRADITIONS

Course Code:	BSY-DSE-106 (DSE-01)
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam:	70 Marks
Internal Assessment:	30Marks

Objectives of Indian Culture and Traditions:

- Students will acquire knowledge regarding the primitive life and cultural
- Students will acquire knowledge regarding Status of the people of ancient India. They can gather knowledge about the society, culture,
- Students will acquire knowledge regarding Religion and political history of ancient India. They will also acquire the knowledge of changing
- Students will acquire knowledge regarding Socio-cultural scenarios of India.

UNIT-I- INTRODUCTION TO BHARATVARSHA [15 Hrs.]

Understanding of Bharatvarsha, Eternity of synonyms Bharat, Indian concept of time and space. The glory of Indian Literature: Veda, Vedanga, Upanishads, Epics, Jain and Buddhist Literature, Smriti, Puranas Etc.

UNIT II- INDIAN KNOWLEDGE TRADITION, ART AND CULTURE [15 Hrs.]

The glory of Indian Literature: Patanjali Yoga-Sutra, Vedanga, Upanishads, Epics, Jain and Buddhist Literature, Smriti, Puranas. Salient features of Indian Culture: Indian educational system; Gurukul and Bauddh, Evolution of language and Script: Brahmi, Kharoshiti,

UNIT III- DHARMA, PHILOSOPHY AND VASUDHAIVA KUTUMBAKAM [15 Hrs.]

Indian perception of Dharma and Darshan, The concept of Vasudhaiva Kutumbakam: Vishva Bandhutva, Religious and Cultural Harmony, Family, Society, Polity and governance, the concept of Janpada & Gram Swarajya

UNIT IV- ANCIENT INDIAN EDUCATIONAL SYSTEM [15 Hrs.]

Education system, Gurukul education system, Buddhist education system, Centre of Education- Kashi Taxila, Nalanda, Valabhi. Guru-Shishya relationship, curriculum, qualification of the Guru, qualification of the Shishya, rules of admission in Gurukul, women's education, development of writing skills, writing material.

Suggested Readings:

- A.I Basham: The Wonder that was India, Rupa, Delhi 1994
- A.S Altekar, Education in Ancient India, Nand Kishore & Bros, Varanasi 1944
- Balbir Singh Sihag: Kautilya: The true founder of Economics, Vitasta Publishing Pvt. Ltd, Delhi, 2014
- Bhagvadatt: बहद भारत का इतिहास, प्रणव प्रकाशन, नई दिल्ली

Course Name	:	YOGA PSYCHOLOGY
Course Code	:	BSY-DSE-107 (DSE-01)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE)	:	70 Marks
Internal Assessment	:	30 Marks

Objectives of this course are:

- Students will acquire knowledge regarding basics of Psychology.
- Students will acquire knowledge regarding concepts of health & disease.
- Students will acquire knowledge regarding other supportive Indian systems of medicine

Unit-1 Introduction to Psychology (12 hours)

Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant). States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etiology for somatic, mental, social and spiritual disharmony. Stress: Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

Unit-2 Yogic Insights on Psychological Concepts (12 hours)

Yogic and Psychological concept of Emotion. Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

Unit-3 Intelligence and Mental Deficiency (12 hours)

Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence), Mental deficiency: meaning and its types, causes of mental deficiency and treatment process to cure mental deficiency through Yoga.

Unit-3 Common Mental Disorders [15 Hrs.]

Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Unit-5 Yogic counselling and Personality development (12 hours)

Counseling: skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

TEXTBOOKS

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I. P. Yoga and Depth Psychology (Motilal Banarsi dass, Delhi, 1978)

REFERENCE BOOKS

1. Taimini, I. K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973).
2. Aatreya, Shanti Parkash: Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965) Hecker, J.E. & Thorpe, G. L.: Introduction to clinical psychology: Science, Practice ðics. New Delhi: Pearson, 2010.
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
4. Nagendra, H. R.: New Persecutes in Stress Management. Bangalore: V4ekanada Kendra.
5. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005.

6. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
7. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006.
8. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
9. Udupa, K. N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.
10. Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.
11. Daniel Goleman & Joel Gurin: Mind body medicine.
12. Deepak Chopra: Healing the heart.
13. Dharam Singh Khalsa: Meditation as medicine.
14. Deepak Chopra: Quantum healing.
15. Estelle Frankel: Sacred therapy.
16. Aggie Casey & Herbert Benson: Mind your heart.
17. Barbara B. Brown: New body, new mind.
18. Sri Ramakrishna Math: Healthy mind, healthy body.
19. Antonio Damasio: The feeling of what happens.
20. Daniel Goleman: Social intelligence Emotional intelligence.
21. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback.
22. David Frawley: Ayurveda and the mind.
23. John E. Sarno The divided mind: the epidemic of mind body disorders.

Course Name: YOGA PRACTICUM-I
Course Code: BSY-CP-108
Total Credit: 04
Teaching Hours: 120 Hrs (08 Practical Hours per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Objectives

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

- Understand the principle and practice of various dand baithak of Indian origin
- Understand the principle and practice of Suryanamaskar and different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Quote references of each practice as per traditional texts

UNIT-1: RECITATION OF HYMNS & HASTA MUDRA [10 HRS.]

Recitation of Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi.

UNIT-2: EIGHT BAITHAK AND TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI [15 HRS]

Ardh baithak, Purna baithak, Rammurti baithak, Pahalwani baithak-I, Pahalwani baithak-II, Hanuman baithak-I, Hanuman baithak-II, Hanuman baithak -III, Simple Dand, Rammurti Dand, Vakshvikasak Dand, Hanuman Dand, Vrishchik Dand-I, Vrishchik Dand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

UNIT-3: SHATKARMAS AND BREATHING PRACTICES [15 HRS.]

Neti (Jalneti, Rubber Neti), Dhauti (Jal Dhauti); Kapalbhata (upto 1000 strokes) and its variations; Trataka (Jatru and Jyoti), Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic +Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & BahyaKumbhaka).

UNIT-4: YOGASANA (SUPINE LYING POSTURES) AND (PRONE LINE POSTURES) [10 HRS.]

Navasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasana, Chakkichalana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana. Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana.

UNIT- 5: SURYA NAMASKARA AND BHOJAN MANTRA, PRATAH EVAM RATRI MANTRA [10 HRS.]

Understanding, recitation and memorization.

TEXT BOOKS

1. Acharya Balkrishna: Dainik Yogabhyasakram, Divyayog Prakashan, Haridwar,2015.
2. Yogrishi Swami Randev Ji: Dand-baithak, 2015.
3. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
4. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla

BOOKS FOR REFERENCES

1. Tulsi Naina: A Complete Guide for structural Body Work, Divya Prakashan, Haridwar, 2015.
2. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
5. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.

Course Name: HUMAN BIOLOGY PRACTICUM- I
Course Code: BSY-CP-109
Total Credit: 02
Teaching Hours: 60 Hrs (04 Practical Hours per Week)
Final Exam (SEE): 35 Marks
Internal Assessment: 15Marks

Objectives:

The objectives behind teaching Anatomy and Physiology is to

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

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

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

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

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

Semester-II

Course Name:	ANCIENT YOGIC TEXTS & ITS APPLICATIONS
Course Code:	BSY-CT-201
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam:	70 Marks
Internal Assessment:	30Marks

Course Objectives:

The Course entitled **Ancient Yogic Texts & Its Applications** has the following objectives:

- Students will have an introduction to Hatharatnavali.
- Students will have an introduction to Siddha Siddhantapaddhati.
- Students will have an introduction to Vashishtha Samhita.
- Students will have an introduction to Shiv Samhita.

Unit -1: HATHARATNAVALI [15 HRS.]

A General Introduction to Hatha Ratnavali, the nature of yoga elements described in Hatharatnavali: Mantryog, Layayog, Rajyog, Ashtakarma, Chakrikarma, Shatkarma, Gajakarni, Vihitahar, Nishidhahara, Sadhak Acharan, Nine Kumbhaka, Bhujangikaran, Bandha-Mudra, Raj-bindu, Vajroli-Sahjoli-Amroli, Yogasanas, Nadanusandhana, Nishpattibhava, Nadi, Sankhya,

Unit -2: SIDHHA SIDDHANTAPADDHATI [15 HRS.]

A General Introduction to Hatha Ratnavali, the nature of yoga elements described in Siddha Siddhant Paddhati: Shiva as the physical body as Bhairava, Srikantha, Sadashiv, Ishwara, Rudra, Vishnu, Brahma. Ten Nadis, Ten Vayu. Nine Chakra, Sixteen Adhara, three Lakshya, Characteristics of Samadhi. Pinda and its form. Soal & Cosmic Soal. Pindadharana, Shakti, Pindasiddhi, Avadhutayogi Lakshana.

Unit -3: VASHISHTHA SAMHITA [15 HRS.]

A General Introduction to Hatha Ratnavali, the nature of yoga elements described in Vashishtha Samhita: Concept of Adhi Vyadhi, Tools of Mukti: Sham, Vichar, Santosh, Satsang. Three Streams of Yoga: Brahma Bhawana, Abhava bhawana, Kewali bhawana, Stages of Jnana: Shubhechha, Vicharana, Tanumansa, Satwapatti, Asansakti, Padarth bhawana, Turyaga.

Unit -4: SHIV SAMHITA [15 HRS.]

A General Introduction to Hatha Ratnavali, the nature of yoga elements described in Shiv Samhita: Philosophy of Shiv Samhita- Satya, Asatya, Mukti, Marg. Anatomy of Human body-Correlation of organ with components of Universe: Merudanda, Nadi, Chakra, Vayu: Ten types of Vayu, Vayusiddhi, Nadanusandhana, Panchabhuta dharana, Vayu sadhna for Klesh siddhi, Asana Chatustaya. Ten Mudra, Stages of Sadhaka, Pratikopasana, Meditation (Dhyana): chakra Meditation, Pranadharana, Bijatraya Mantra Sadhana, Importance of Shiv Vidya.

TEXT BOOKS

1. Hatha Ratnavalli: Kaivalyadhama Publication
2. Siddha Siddhant Padhati: KAivalyadhama Publication
3. Vashishtha Samhita: Kaivalyadhama Publication
4. Siv Samhita: Kaivalyadhama Publication

Course Name:	GBERAND SAMHITA & ITS APPLICATIONS
Course Code:	BS CT-202
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam:	70 Marks
Internal Assessment:	30Marks

Objectives:

By introducing Gherand Samhita shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Gherand Samhita.
- Have an understanding about various chapters of Gherand Samhita.
- Quote references of each practice as per Gherand Samhita.

UNIT - 1: TECHNIQUES AND OUTCOMES OF SHATKARMAS AND ASANAS [20 HRS.]

Shat-karmas (Purificatory): By following the shat karmas:- Dhauti (4 types); Antardhauti (internal cleansing), Vatasara (wind purification), Varisara (water purification), Vahnisara (process of fire purification), Bahiskrita, Dantadhauti which involves the purification of Teeth, root of the tongue, Both ears, frontal sinuses, Hridayadhauti (process of heart cleaning) which is done by using sticks, vomiting and cloth, Mulashodhana (process of rectal cleaning), Basti (2 types); Jala or water Basti (A Basti Kriya done in water), Sthala or dry basti (A Basti Kriya of dry nature); Practice of Neti Kriya; Practice of Laukiki, Gazing or Trataka practice which is an eye exercise that cures all eye diseases and induces clairvoyance; Kapalbhata (3 types), the practice of which removes all phlegm (kapha) related disorders, Vat krama (which involves alternate nostril breathing without force and without retention), Practice of Vyut karma (which involves method of drawing in water through nasal passages and letting it out through the mouth), Practice of Sheet karma (which involves a method of drinking water through the mouth and letting it out through the nasal passage).

Asanas:- Siddhasana-Perfect Pose, Padmasana-Lotus Pose, Bhadrasan-Happy Pose, Muktam-Free Pose, Vajram-Adamant Pose, Swastika-Prosperous Pose, Singham- Lion Pose, Gomukh-Cow's mouth Pose, Vira-Hero Pose, Dhanur-Bow Pose, Mritasan, or Shavasan-Corpse pose, Guptam-Hidden Pose, Matsyam-Fish pose, Matsendra-King of Fish Pose, Goraksha, Paschimottan-Forward Bend Pose, Uttkatam, Sankatam -Dangerous pose, Mayuram-Peacock Pose, Kukkutam, Kurma-Tortoise Pose, Uttana Manduka, Uttan Kurmakam, Vriksha-Tree Pose, Manduka-Frog Pose, Garuda - Eagle Pose, Vrisham - Bull Pose, Shalabh- Locust Pose, Makara - Crocodile Pose, Ushtram-Camel Pose, Bhujangam-Snake Pose and Yoga or Yogasana.

UNIT - 2: TECHNIQUES AND OUTCOMES OF MUDRA AND PANCHADHARAN (FIVE DHARANAS) [15 HRS.]

Mahamudra, Nabho mudra, Uddiyana Bandha, Jalandhar Bandha, Mula Bandha, Maha Bandha, Mahabheda, Khechari Mudra, Viparitkarni, Yoni Mudra, Vajroni Mudra, Shakti chalani, Tadagi (tank) Mudra, Manduki Mudra, Shambhavi Mudra, Ashwini Mudra, Pasini Mudra, Kaki Mudra and Bhujangini Mudra. Parthivi-earthly, Ambhasi-watery, Vayavi-aerial, Agney-fire and Akashi-sky/ethereal

UNIT-3: TECHNIQUES AND RESULTS OF PRATYAHARA AND PRANAYAMA [15 HRS.]

Pratyahara : Shat shatru varnan, atma layatva. **Pranayama:** Sahita Pranayama, Sagarbha Pranayama, Nigarbha Pranayama, Surya bhed Pranayama, Ujjayi Pranayama, Shitali Pranayama, Bhastrika Pranayama, Bhramari Pranayama, Murcha Pranayama, Kevali Pranayama

UNIT - 4: TECHNIQUES AND RESULTS OF DHYAN AND SAMADHI [10 HRS.]

Dhyan: Sthula Dhyan, Jyoti Dhyan, Sukshama Dhyan. **Samadhi:** Dhyan yoga Samadhi, Nadyog Samadhi, Rasananda Samadhi, Layasiddhi Samadhi, Bhakti yoga Samadhi, Manmurcha Samadhi

TEXT BOOKS

1. Gherand Samhita: Kaivalyadhama
2. Gherand Samhita: SVYASA, Bengaluru

Course Name: HUMAN BIOLOGY-II
Course Code: BSCT-203
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

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 throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.

UNIT -1: NERVOUS SYSTEM & SPECIAL SENSES [15HOURS]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear,nose,tongue and skin.

UNIT -2: ENDOCRINE SYSTEM [10HOURS]

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, Gonads), Function of GI tract hormones, Mechanism of hormone actions.

UNIT -3: REPRODUCTIVE & EXCRETORY SYSTEM SYSTEM [20 HRS]

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmo-regulation.

UNIT -4: LYMPHATIC SYSTEM & IMMUNE SYSTEM [15HRS]

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

TEXT BOOKS

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. Anatomy and Physiology: Yogic Context: Dr Sharadchandra Bhalekar, Kaivalyadhama, Lonavla, Pune.
3. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for nurses

REFERENCE BOOKS:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Course Name: ENVIRONMENTAL STUDIES
Course Code: BSY-AECCT--204 (AECCT-02)
Total Credit: 02
Teaching Hours: 30 Hrs (02 Lecture + 00 Tutorial per Week)
Final Exam (SEE): 35 Marks
Internal Assessment: 15 Marks

Objectives:

Following the completion of these course students shall be able to

1. Know about environment and ecosystem.
2. Know renewable and non-renewable resources.
3. Know about Biodiversities, Conservation and Pollution.

UNIT- 1: INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM [8 HRS.]

Introduction to environmental studies and ecosystem; multidisciplinary nature of environmental studies: scope and importance. Ecosystem and its functions, aquatic ecosystem, environmental components of ecosystem, conservation of natural resources, food chains, food web.

UNIT-2: NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE [7 HRS.]

Resources: Renewable & Non-Renewable Biodiversity, Values of Biodiversity, Natural Resources (Renewable & Non-Renewable Resources), Pollution -Air pollution, Soil pollution, Smog their causes and impacts.

UNIT-3: BIODIVERSITY & CONSERVATION [8 HRS.]

Biodiversity levels of biological biodiversity, Environment segments, Biosphere, Lithosphere, Hydrosphere, Atmosphere, Pollutants, Degradable and Non-degradable pollutants, conservation-mineral Resources, oxygen depletion.

UNIT 4: ENVIRONMENTAL POLLUTION [7 HRS.]

Environmental pollution, types, causes, effects and controls, Prevention & Control of Pollution, Environment Protection Act, Wild life Protection Act.

TEXT BOOKS:

1. Erach Bharucha: Text Book for Environment Studies, UGC & Bhartiya Vidyapeetha Institute of Environmental education and research, Pune.

REFERENCE BOOKS:

1. Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner. b)
2. Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380 013, India,

Course Name: **DISCIPLINE SPECIFIC ELECTIVE-II (Stream choosen)**
1. **FUNDAMENTALS OF AYURVEDA/**
2. **ANCIENT INDIAN RELIGION /**
3. **YOGA FOR PERSONALITY DEVELOPMENT**

Course Name: **FUNDAMENTALS OF AYURVEDA**
Course Code: **BSDSE-205**
Total Credit: **04**
Teaching Hours: **60 Hrs (03 Lecture + 01 Toutingorial per Week)**
Final Exam: **70 Marks**
Internal Assesment: **30 Marks**

Objectives

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

- Understand fundamentals of Ayurveda
- Know fundamentals of healthy living
- Know lifestyle regiemes according to nature.
- Know medicinal cleansing processes.

Unit-1: GENERAL INTRODUCTION TO AYURVEDA [20 Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Concept of Health according to Ayurveda and its utility in health promotion and prevention.

Unit -2 FUNDAMENTALS OF AYURVEDA [20 Hrs]

Basic principles of Ayurveda– Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava. Factors for Health and Disease, Ayurvedic system of Examination and Diagnosis. Types of Disease, Four Pillars of Treatment, Treatment Principles of Body and Mind. Charecterstics of Vaidya and Shishya.

Unit-3: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & AACHAAR RASAAYANA [20 HRS.]

Concept and importance of Swasthavrita, Dincharya: Brahmuhurt, Sauch Vidhi, Aachman, Dantdhawan, Jigwanirlekhan, Anjana, Nasya, Ritunukul Vastradharan, Abyang, Vyayam, Mardan, Ubtan , snan, Bhojan vidhi. Ritucharya; Kala Lakshan, Maatradi Lakshan, Aadan kaal , Visargkaal, Ritusandhi, Hemant ritucharya, Shishir ritucharya, Vasant ritucharya, Greeshma ritucharya, Varsha ritucharya, Sharad ritucharya Concept of Sadvrita: and Aachaar Rasaayana; Concept of Dharniya & Adharniya Veda and their complications. Charecterstics of Ahar, Nidra Brahmacharya and their Importance.

Unit-4: AHARA AND PANCHKARMA [20 Hrs.]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Concept of Ojas in Ayurveda; Role of Ayurvedic diet in health and prevention. Introduction to Panchkarma as Shodhan Chikitsa with its three domain Poorvakarma (Snehan & Svedan), Pradhan karma (Vaman, Virechan, Vasti, Nasya, Raktamokshan) and Paschat karma (Pachan, Rasayan and Vazikaran).

TEXT BOOKS

1. Acharya Balkrishna: Ayurveda Sidhhant Rahasya, Patanjali Yogpeetha Trust.
2. Acharya Balkrishna: Siddhasaar Samgrah, Divya Prakashan, Haridwar
3. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukambha Sanskrit Pratishthan, Delhi, Reprint edition of 2003
4. Dr. Shailja Srivastava, Dr Jairam Yadav,: Ashtangsamgrah, Chaukhambha Orientelia, Vrananasi Reedition 2016.

REFERENCE BOOK

1. Acharya Balkrishna: Ayurveda Mahodadhi: Divya Prakashan, Haridwar, 2015
2. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008.

Course Name;	ANCIENT INDIAN RELIGION
Course Code:	BSY-DSE--206
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE)	35 Marks
Internal Assessment:	15 Marks

Objectives:

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

- Understand basic ideas and features of ancient Indian religions as manifested through Vedas, Buddhism and Jainism and Puranas.
- Understand the primitive religious beliefs, the Vedic pantheon and sacrifices.
- Basic features of the Sraman a traditions which include within its fold Buddhism and Jainism.
- Various cults like Vais n avism, Śaivism and Śāktism have played a prominent role in popularizing the basic tenets of Purān ic religion.

Unit I: Vedic Religion (16 Hrs.)

Indus Religion: Worship of Mother Goddess, Early form of worship of Yogi Shiva, Origin of Nature worship, Early Vedic Religion: Introduction of Rig-Veda, Rigvedic diety- Indra, Varun, Agni, Rit, Mother Goddess etc, Development Nature worship, Later Vedic Religion: Introduction of Samved, yajurved and Atharvaved, Emergence of religious rituals, The nature and characteristics of the gods of the later Vedic period: Vishnu, Shiva, Prajapati and Mother Goddess.

Unit II : Jainism (16 Hrs.)

Introduction of Jain Tirthankar: Rishabhdev, Parshwanath and Mahaveer. Various Teachings of Jainism: Teachings of Mahavira: Pancha Mahavrat and Triratn, Svetambara and Digambara, Anekantavada and Syadvada.

Unit III: Buddhism (10 Hrs.)

Life and teachings of Gautama Buddha: Four noble truths, Octagonal Path, Pratitya Samutpad, Buddhist Councils, Hinayana and Mahayana. Various Dimensions in development of Buddhism.

Unit IV : Puranic Religions (18 Lect.)

Shaivism: Bhakti Tradition of Shavism: Pashupat Tradition, Kapalik Tradition, Kalmukh Tradition, Bhakti Tradition Vaishnavism: Panchratr, Bhagavat, Krishna and doctrine of embodiment: Bhagavan Vishnu ke das Avatar, and Shaktism: Trideviyan- Historical sources of Lakshmi, Durga and Saraswati.

Recommended Readings:

1. Agrawala, V.S., Prachina Bharatiya Lokadharmā (Hindi and English), Varanasi, 1964.
2. Banerjee, J.N., Development of Hindu Iconography, New Delhi, 1985.
3. Barth, A., The Religions of India, Varanasi, 1985. 19
4. Bevarikara, S.K. and R.D. Ranade, History of Indian Philosophy, Vol. II, Poona, 1927.
5. Bhandarkar, R.G., Vaishnavism, Saivism and Minor Religious Systems (Also in Hindi), Varanasi, 1965. Bhattacharya, N.N., History of Sakta Religion, New Delhi, 1974
6. Chaturvedi, P., Vaishnava Dharma, Varanasi, 1977.
7. Hiriyanna, M..H., Outlines of Indian Philosophy, London, 1932.
8. Jaiswal, Suvira, Origin and Development of Vais n avism (also in Hindi), Delhi, 1996 (IInd ed.).
9. Keith, A.B., The Religion and Philosophy of Veda and Upanis ads (also in Hindi), Cambridge, 1925
10. Upadhyaya, B. Bharatiya Darshana, Varanasi, 1971.
11. Bapat, P.V. (ed.), 2500 Years of Buddhism (Also in Hindi), New Delhi, 1987.
12. Jain, Hiralal, Bharatiya Samskriti me Jaina Dharma ka Yogadana (Hindi). Bhopal, 1962.
13. Jaini, J.L., An outline of Jainism, Cambridge, 1916.
14. Jain, Jyoti Prasad, Religion and Culture of the Jains, Delhi, 1995.
15. Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I –V (relevant chapters), Bombay, 1951-1957.

Course Name	:	YOGA FOR PERSONALITY DEVELOPMENT
Course Code	:	BSY-DSE- 207(DSE-02)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE)	:	70 Marks
Internal Assessment	:	30 Marks

Objectives

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

- Yogic practices are found effective for development of all dimensions of personality.
- It helps to increase strength, endurance and flexibility, regulates all the systems of the body

UNIT-I Introduction to Personality Development [15 Hrs.]

The concept of personality - Dimensions of personality – Theories of Freud & Erickson-Significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis; Concept of Personality in Yogic Texts, Personality development in Yogic Perspective.

UNIT-II Attitude & Motivation [15 Hrs.]

Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude-Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude, Developing positive attitude through Yoga. Concept of motivation - Significance – Internal and external motives - Importance of self- motivation- Factors leading to de-motivation, Yogic wisdom as a source of motivation.

UNIT-III Self-esteem [15 Hrs.]

Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem-Symptoms - Personality having low self-esteem - Positive and negative self-esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours – Lateral thinking, Role of Yoga in developing positive self esteem.

UNIT-IV Other Aspects of Personality Development & Employability Quotient [15 Hrs.]

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills -Leadership and qualities of a successful leader – Character building -Team-work – Time management -Work ethics –Good manners and etiquette, Role of yoga in improving all these qualities. Resume building- The art of participating in Group Discussion – Facing the Personal (HR & Technical), Interview -Frequently Asked Questions - Psychometric Analysis - Mock Interview Sessions.

Text Books:

1. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P. Robbins and Timothy A. Judge(2014), Organizational Behavior 16th Edition: Prentice Hall.

Reference Books:

1. Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw-Hill 1988.
2. Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002
3. Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003
4. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001
5. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004).
6. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
7. Smith, B . Body Language. Delhi: Rohan Book Company. 2004

Course Name: YOGA PRACTICUM-2
Course Code: BSY-CP--208
Total Credit: 04
Teaching Hours: 120 Hrs (08 Practical Hours per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Objectives:

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

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Practice Yogic sthul and sukshma vyayama skillfully.
- Explain and demonstrate Yogic sthul and sukshma vyayama skillfully.
- Recite Ishwarstutuprarthna.

UNIT-1: YOGIC SUKSMVA VYAYAMA [15 HRS.]

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

UNIT-2 YOGIC STHULA VYAYAMA [10 HRS.]

12 steps of Yogic Jogging; and a series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asana- Variations 1, 2 & 3, Shalbhhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, Ardha Halasana, Padvritta Asana- Variations 1 & 2 and Dwichakrikasana- Variations 1 & 2; as recommended by Swami Ramdev.

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

UNIT-3: SHATKARMA [10 HRS.]

Dhauti (Jala, Danda), Neti (Jala, Sutra), Kapalbhata (Vatkrum, Vyutkrum) Nauli (Madhyama, Vama, Dakshina), Trataka

UNIT-4: PRANAYAMA [10 HRS.]

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

Pranayama: Bhastrika, Kapalbhata, Bahya, Ujjayi, Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev

UNIT-5: DHYANATMAK ASANAS AND OTHER PRACTICES LEADING TO MEDITATION [15 HRS.]

Sukhasana, Siddhasana, Simhasana, Bhadrana, Swastikana, Gaurakshana, Vajrasana, Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind Sound Reasonance Technique[MSRT] .

TEXT BOOKS

1. Swami Ramdev ji: Vaidik Nitya Karma Vidhi, Divya Prakashan, Haridwar, 2010.
2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
3. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.

BOOKS FOR REFERENCES

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

Course Name: HUMAN BIOLOGY PRACTICUM-II
Course Code: BSY-CP--209
Total Credit: 02
Teaching Hours: 60 Hrs (04 Practical Hours per Week)
Final Exam: 35 Marks
Internal Assessment: 15Marks

Objectives:

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

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

UNIT-1: HEMATOLOGY [15 HRS.]

Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse.

UNIT-2: PHYSIOLOGICAL EXAMINATION [15 HRS.]

Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

UNIT-3: ENDOCHRONOLOGY [15 HRS.]

Endocrine glands, their secretions and measurements.

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHERS [15 HRS.]

TEXT BOOK

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2nd edition, 2004

Semester-III

Course Name:	PATANJALA YOGA SUTRA & ITS APPLICATIONS
Course Code:	BSY-CT--301
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam:	70 Marks
Internal Assessment:	30Marks

Objectives:

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

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

UNIT - 1: PATANJALI YOGA SUTRA [15 HRS.]

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

UNIT - 2: SAMADHIPADA [15 HRS.]

Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitarka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

UNIT-3: SADHANAPADA [15 HRS.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Heya Hetu, Hana, Hanopaya) Drishya Nirupam (Prakriti), Drashta Nirupana (Purusha), Prakriti Purusha Samyog ; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

UNIT - 4: VIBHUTIPADA & KAIVALYAPADA [15 HRS.]

Introduction, role and application of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Padartha (external element) and its abilities, Vivek Jnana Nirupanam, Kaivalya Nirvachana.

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Patanjala Yog Darshan, Divyayog Prakashan, Haridwar 2008.
2. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012.
3. BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

BOOKS FOR REFERENCE

1. Vyasbhasya
2. Bhojvritti
3. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
4. Swami Virupaksananda: Samkhyakarika of Isvarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Course Name: ESSENCE OF BHAGAVAD GITA FOR HOLISTIC LIVING
Course Code: BS- CT 302
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam (SEE): 70 Marks
Internal Assessment: 30 Marks

Objectives:

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

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.
- Quote references of each practice as per traditional texts

UNIT – 1: SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA [15 HRS.]

Introduction to Bhagavadgita, Importance of Bhagwadgita; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita's relevance in Yoga Sadhana; Bhagavadgita and its universal significance.

UNIT-2: CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITA PRAJNA IN BHAGAVD GITA [15 HRS.]

Concept of Samkhya Yoga/Jnana Yoga in Bhagavadgita (Chapter. 2,3,4,5,6,13) ; Concept of Sthita Prajna, Concept of Atman (chapter 2); Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita (Chapter 4,8,10,11,13,15); Concept and nature of Prakriti, origin of the world as described in Bhagavadgita (Chapter 9,13,14).

UNIT-3: KARMA YOGA, BHAKTI YOGA AND DHYANA YOG IN BHAGAVADGITA [20 HRS.]

Concept of karma Yoga in Bhagavadgita (Chapter 2-6); concept of Yajna and its nature, concept of Yatharth Karma and Nishkama Karma (Chapter 3, 4) Concept of Bhakti in Bhagvadgita, concept of Shraddha and its relevance as described in Bhagavad Gita (chapter 7, 8, 9, 11, 12), Importance of Bhakti (Chapter 11 Verse 52-55), Types of Bhakti (chapter 7, 12), Characteristics of Bhakt (chapter 12 verse 13-20). Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita (chapter 6) ; concept of cosmic form of God (chapter 11).

UNIT – 5: CONCEPT OF DIET AND PERSONALITY IN BHAGVADGITA. [10 HRS.]

Concept and classification of Ahara as described in Bhagavadgita (Chapter 6); Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita (Chapter 14); Types of personality in Bhagvadgita (Chapter 17); Concept of Dev-Asur Sampda (Chapter 16).

TEXT BOOKS

1. Srimadbhagwadgita- Gitamritam: Yogrishi Swami Ramdev Ji, Divya Prakashan, Haridwar, 2015
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Lokmanya Gangadhar Tilak: Gita Rahasya
3. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
4. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
5. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur Swami Ranganathananda ; Bhagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata.

Course Name: GENERIC ELECTIVE
INTRODUCTION TO HOLISTIC HEALTH/ Human Values
INTRODUCTION TO HOLISTIC HEALTH

Course Code: BS-GE--303
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Objectives:

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

- Understand the concept of health and disease.
- Have understanding about holistic concepts of health and healing.
- Conceptual understanding of Yajna and Yajnopathy and Marma Therapy.
- Quote references of each practice as per traditional texts

UNIT - 1: CONCEPT OF BODY, HEALTH AND DISEASE [20 HRS.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Panchaprana and their role in Health and Healing; Concept of Panchakoshas & Shat-chakra and their role in Health and Healing.

UNIT - 2: CAUSES OF ILL HEALTH & REMEDIAL MEASURES AS PER YOGA TEXTS [20 HRS.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Sublimation of Chitta Shuddhi (Dharana, Dhyana and Samadhi).

UNIT - 3: INTRODUCTION TO MARMA THERAPY [20 HRS]

Fundamentals & History of Marma Therapy; Prerequisites of marma Therapy; References of marma points in Susrut Samhita; Classification and description of Marma points; Technique of activation of Marma points; Correlation of marma through yogic activities like Asana, Pranayama and Shat-chakra. Marma Therapy in Facial Paralysis, Cervical Spondylosis, Frozen Shoulder, Brachial Neuralgia, Sciatica, Hemiplegia, Paraplegia, Cerebral Palsy.

TEXT BOOK

1. Prof. Ramharsh Singh: Swasthivritta
1. Jnanananda Bharati : Essence of Yoga Vasistha Pub: Sanata Books, Chennai
2. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.
3. Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.

REFERENCE BOOKS:

1. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
1. Swasthivritta evam Susrutsamhita.

Course Name: GENERIC ELECTIVE
Human Values
Course Code: BS-GE--304
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Objectives

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

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

UNIT-1: CONCEPT OF VALUES [10 HRS.]

Value- Meaning, definition, Types, Need, Importance, Relevance in present era, Basis of Values, Global Values.

UNIT -2: VALUES IN INDIAN CONTEXT [20 HRS.]

Values in Vedas, Upanishads, Ramayana, Mahabharata, Manuscript, Philosophical Texts- Yoga, Vedanta, Buddhism Jainism , Values in Indian constitution

UNIT -3: VALUES IN WESTERN CONTEXT [10 HRS.]

European values, American Values, Values in Greek Philosophy- Socrates, Plato & Aristotle, Value & in Christianity, Values in Post-Renaissance Period, Global values in Modern era-Justice, Freedom, Equality etc.

UNIT -4: YOGA, VALUES & HUMAN RELATIONSHIP [20 HRS.]

Yogic life style as value based life style, Role of Yoga in developing the value oriented personality and ethics, Values and ethics in Family, Yogic concept of human relationship- Maitri, Karuna, Mudita, Upeksha, Harmony in society through Yoga, Yoga as a Global value- a remedy for all global problems

Course Name: **DISCIPLINE SPECIFIC ELECTIVE-III**
1. FUNDAMENTALS OF NATUROPATHY/
2. HISTORY OF YOGA/
3. YOGA THERAPY FOR COMMON MENTAL DISORDER

Course Name: **FUNDAMENTALS OF NATUROPATHY**
Course Code: **BSY-DSE—305 (DSE-03)**
Total Credit: **04**
Teaching Hours: **60 Hrs (03 Lecture + 01 Tutorial per Week)**
Final Exam: **70 Marks**
Internal Assessment: **30 Marks**

Objectives

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

- Understand fundamentals of Naturopathy
- Know fundamentals of healthy living
- Know lifestyle regimens according to naturecure.

Unit-1: INTRODUCTION TO NATUROPATHY [10 Hrs.]

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY [10 Hrs.]

Composition of the human body according to Naturopathy, Laws of Nature: Pancha- Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

Unit-3: NATUROPATHY THERAPY-I [20 Hrs.]

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; **Upavasa (Fasting)**: Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification; **Diet**: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion; **Massage**: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

Unit-4: NATUROPATHY THERAPY-II[20 Hrs.]

Accupressure: Introduction, definition, scope, history, principles; role of Accupressure. **Reflexology**: Introduction, definition, scope, history, principles; role ofReflexology. **Magnetotherapy**: Introduction, definition, scope, history, principles; role of Magnetotherapy. **Aromatherapy**: Introduction, definition, scope, history, principles; role of Aromatherapy. **Chromotherapy**: Introduction, definition, scope, history, principles; role of Chromotherapy

TEXT BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
2. M.K.Gandhi. : My Nature Cure
3. Dr Jitendra Arya; Nature Cure, Pune.
4. M.K.Gandhi : The story of my experiment with truth

Course Name:	HISTORY OF YOGA
Course Code:	BSDSE-306
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam:	70 Marks
Internal Assessment:	30 Marks

Objectives

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

- Understand fundamentals of Ayurveda
- Know fundamentals of healthy living
- Know lifestyle regimens according to nature.
- Know medicinal cleansing processes.

UNIT I- Origin and Development of Yoga in Early Ancient India [15 Hrs.]

Indus-Valley Civilization: Archaeological sources of Yoga, Vedic Age: Development of yoga in Rigved; Brief Survey of Later Vedic Period; Samved, Yajurved and Atharved.

UNIT II- Development of Yoga in Ancient India [15 Hrs.]

Saint Patanjali: Period, place, subjects, objectives & importance. Yoga in Buddhism: Period, place, subjects, objectives & importance, Yoga in Jainism: Period, place, subjects, objectives & importance, Post Mauryan Period: Yoga in Satwahan & Kushana. Development of Yoga in Gupta Period.

UNIT III- Development of Yoga in Medieval India [15 Hrs.]

Sant Yogi; Shankaracharya, Ramanujachary. Hath Yogi: Gorakhnath, Chauranginath, Swatmaram, Gherand, and Shrinivasbhatt. Bhakti yogi: Tulsidas, Guru Nanak Dev, Kabir das and Mirabai

UNIT IV- Yoga in Modern India (1857 to 2021 A.D.) [15 Hrs.]

New era of Yoga, Yogacharya- Ramakrishna Paramhamsh, Swami Vivekananda, Swami Ramtirth, T. Krishnamacharya, Swami Rama, Swami Kuvalyananda, Swami Ramdev .

Suggested Readings:

- A.I Basham: The Wonder that was India, Rupa, Delhi 1994
- A.S Altekar, Education in Ancient India, Nand Kishore & Bros, Varanasi 1944
- Bhagvadatt: बृहद भारत का इतिहास, प्रणव प्रकाशन, नई दिल्ली
- Dharampal: The Beautiful Tree, Other India press, Delhi 1995
- Faith Robertson Elliott: Gender Family and Society, St. Martin press, New York,1996
- G. Arrhenius: Evolution for space
- Govind Chandra Pandey: वैदिक संस्कृति, लोक भारती प्रकाशन, दिल्ली

Course Name	:	YOGA THERAPY FOR COMMON MENTALDISORDER
Course Code	:	BSY-DSE-307 (DSE-03)
Total Credit	:	04
Teaching Hours	:	60 Hrs (02 Lecture + 00 Tutorial per Week)
Final Exam (SEE)	:	70 Marks
Internal Assessment	:	30 Marks

Objectives:

The paper aims at providing an overview about the concept of abnormality and the clinical picture and dynamics of various psychological disorders. This will sensitize the students to information on psychopathology and dispel myths regarding it.

Unit-I Understanding Abnormality [15 Hrs.]

Definition and criteria of abnormality, classification (latest edition of DSM & ICD), Clinical Assessment, Diathesis Stress Model.

Unit-II Clinical States & Yogic Management [15 Hrs.]

Anxiety disorders – Phobias, Obsessive Compulsive Disorder, Generalized Anxiety Disorder (Clinical Picture and Dynamics of anxiety disorders). Conversion Disorder (Clinical Picture and Dynamics). Dissociative Identity Disorder (Clinical Picture and Dynamics).

Unit-III Developmental Disorders (Clinical Picture and Dynamics) & Yogic Management [15 Hrs.]

Mental Retardation, Autism, ADHD, and Learning Disabilities.

Unit-IV Substance Related Disorders and Eating Disorders & Yogic Management [15 Hrs.]

Substance-Related Disorder: Alcohol abuse and Drug abuse (clinical picture and causes). Eating disorder: Anorexia Nervosa and Bulimia Nervosa.

Reference:

1. Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.
2. Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
3. Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers.
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning.
6. Kring, A.M., Johnson, S. L., Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.). NY: John Wiley.

COURSE NAME:	COMMUNICATIVE ENGLISH
Course Code:	BSY-SEC-- 308 (SEC- 01)
Total Credit:	02
Teaching Hours:	30 Hrs (01 Lecture + 02 Practical Classes per Week)
Final Exam:	35 Marks
Internal Assessment:	15Marks

Objectives:

Unit 1- Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams

Unit 2- Enhance reading, understanding and writing abilities in English

Unit 3 -Develop the ability to read, understand and improve English vocabulary

Unit 4 - Demonstrate conversational skills, Asking Questions

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1: -Syllables (stress in simple words), Rhythm, Intonation, & Revision of Basic Grammar

- Tenses
- Prepositions
- Articles
- Conjunctions
- Modals
- Direct and indirect Speech

Unit-2: Reading & Writing

- Vocabulary- Homophones, Homonyms
- Analytical Skills
- Editing Skills- Error Correction
- Article Writing
- Reading Comprehension

Unit-3: Listening –

- Audio books
- Podcasts
- Speeches of various renowned Yoga Masters
- Ted Talks

Unit-4: - Spoken English

- Accents and dialects
- Extempore
- Oral Report,
- Debates and GDs
- Public Speaking Skills
- Leadership
- Team Work

Text books:

English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy

Suggested Sources:

Britishcouncil.org

COURSE NAME: YOGA PRACTICUM - 3
Course code: BSY-CP-309
Total Credit: 04
Teaching Hours: 120 Hrs (08 Practical Hours per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Objectives

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

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.
- Quote references of each practice as per traditional texts

UNIT-1: SHATKARMAS & BANDHA [20 HRS.]

Vastra Dhauti, Sutra Neti, Nauli Chalana, Agnisara. Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha.

UNIT-2: YOGASANA (SITTING POSTURES) & [STANDING POSTURES] [40 HRS.]

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

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana

Unit-3: PRANAYAMA (WITH ANTAH & BAHYA KUMBHAKA) & MEDITATION [20 HRS]

Surya-bheda Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama. Bhramari Pranayama, Murchha Pranayama, Plavni Pranayama and Chandra-bheda Pranayama,

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

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010
3. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
4. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
5. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983

BOOKS FOR REFERENCE

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangoore.
3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996.
4. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
5. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
6. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik.
7. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.
8. Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.

COURSE NAME: FIELD WORK
Course code: BS-FW310
Total Credit: 04
Teaching Hours: 60 Hrs (04 Practical Hours per Week)
Final Exam: (SEE)-35 Marks
Internal Assesment: 15 Marks

Objectives:

During this period students shall get an opportunity of teaching Yoga modules of **Swami Ramdev Ji** to masses weekly for four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages/ institutions/ hospitals/ schools/ colleges etc..

Semester-IV

Course Name: METHODS OF TEACHING YOGA
Course Code: BSY-CT-401
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE): 70 Marks
Internal Assessment: 30Marks

Objectives:

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

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

Unit 1: Fundamentals of Education and Methods of Teaching Yoga (15Hours)

Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning, Yogic levels of learning- Vidyarthi, Shishya, Mumukshu, Qualities of a Yoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods

Unit 2: Basics of Yoga Class Management (10 hours)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized Teaching, Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.

Unit 3: Lesson Planning & Time Table in Yoga (10 hours)

Essentials of Lesson Planning: concept, need & importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga; Timetable : Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching

Unit 4: Educational Technology in Yoga Teaching & Teaching Practice (15 hours)

Educational Technology : Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Use of Educational Technology in Yoga; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

COURSE NAME:	FUNDAMENTALS OF BIOCHEMISTRY AND BIOMECHANICS
Course Code:	BSY-CT-402
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE)	70 Marks
Internal Assessment	30 Marks

Objectives:

- To understand the biomolecules and their role in our body.
- To have an understanding about the protein, carbohydrate, lipid metabolism.
- To understanding basics of kinesiology and Biomechanics.

UNIT - 1: INTRODUCTION TO BIO-CHEMISTRY [15 HRS]

Introduction to Bio-Chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O₂ transport and storage, Bio-chemical structure of immunoglobulins their functions and classification. Fundamentals of Bio-Energetics: Biological Oxidation, General concept of oxidation, feature of cellular Oxidations-respiratory chain oxidative phosphorylations,

UNIT - 2: METABOLISM OF CARBOHYDRATES [15 HRS]

Carbohydrates: Definition, classification and general functions; Lipids: definition, classifications and general functions; Proteins: definition, classification, functions and Biomedical Importance, Plasma Proteins and functions; Definition, classification of Enzymes and their functions; Basics of Carbohydrate and Lipid Metabolism; Introduction to hormones and their action; Introduction to common metabolic disorders in relation to Hepatobiliary and Kidney.

UNIT - 3: INTRODUCTION TO KINESIOLOGY AND THE PRINCIPLES OF BIOMECHANICS IN YOGA [15 HRS]

Meaning and Definition of Kinesiology; Basic Biomechanical terms - velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; Work; Power; Energy; Torque; Bio mechanics; Description of movement of the human body [Kinematics and Kinetics]. Kinetics - the forces producing motion e.g. muscles, gravity; Kinematics - the description of motion e.g. type, location, direction; planes of movement; type of displacement (movement); relevance and importance of kinesiology and biomechanics for Yoga. Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas.

UNIT - 4: FUNDAMENTAL OF BASIC TECHNIQUES [15 HRS]

Fundamental concepts of following terms - Axes and Planes; Center of Gravity, Equilibrium, line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms - Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga posture; Force - meaning, definition, types, and its application to various Yoga Postures; Lever - meaning, definition, types and its application of human body; Newton's Laws of Motion - Meaning, definition and its application to Yoga activities.

TEXT BOOKS

- 1 Knudson, D Fundamentals of biochemicals. New York, NY: Springer, 2007
- 2 Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Engewood Cliffs, N.J.: prentice Hall Inc. 1988.
- 3 Arvind S Yadav: Comprehensive practical and viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004.

BOOKS FOR REFERENCE

1. Patel: Yoga and Rehabilitation, JayPee Brothers, Medical Publication, 2008.
2. Yoga Biomechanics by Jules Mitchel, Handaspring publication, US 2018
3. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
4. Willium, E Prentice, Michael I Voight: Technique of musculoskeletal rehabilitation, Mc graw hill education, 2001.

Course Name: GENERAL ELECTIVE-02
INTRODUCTION TO INDIAN PHILOSOPHY AND VEDIC CULTURE
INTRODUCTION TO UPNISHADS

Course Name: INTRODUCTION TO INDIAN PHILOSOPHY AND VEDIC CULTURE
Course Code: BSY-CT- 403
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE) 70 Marks
Internal Assessment: 30 Marks

Objective:

After studying this Course student can able to understand

- Various Indian philosophies.
- Shaddarshanas
- Various features of traditional Indian culture

UNIT 1. INTRODUCTION TO INDIAN PHILOSOPHY [10 HRS]

Meaning and definition of Philosophy, Importance of philosophy in life, special features and importance of philosophy, various systems of philosophy- Vaidic & Avaidic darshan, three domains of philosophy- Jnana mimamsa (praman mimamsa- epistemology), Tatva mimamsa (metaphysics), Niti mimamsa (Achaar mimamsa- ethical theory).

UNIT 2. INTRODUCTION TO SHADDARSHAN [20 HRS]

General introduction, Metaphysical & ethical principals of Vaidik Philosophies (Nyaya, Vaisheshik, Samkhya, Yoga, Mimamsa and Vedant).

UNIT 3. INTRODUCTION TO JAIN, BUDHHA AND CHARVAK PHILOSOPHY [10 HRS]

General introduction, Metaphysical & ethical principals of non vaidik Philosophies (Jain, budhha, charvak).

UNIT 4. INTRODUCTION TO CULTURE [10 HRS]

Meaning and definition of culture, introduction to Indian scriptures i.e. Vedas, Upnishad, Ramayana, Mahabharata, Gita.

UNIT 5. FEATURES OF INDIAN CULTURE [10 HRS]

Purusharth chatustaya, Ashram Vyavastha, Varna vyavastha, Karma sidhhant, Shodash sanskaar, Panchmahayajna, Rinatraya, Sahastitva, Vishvabandhutva.

TEXT BOOKS

Bhartiya Darshan	:	Acharya Baldev
Sarvadarshan Samgrah	:	Madhvacharya
Vaidic Sahiya evam darshan	:	Dr. Kapildev Shastri
Dharma Darshan Sanskriti	:	Dr. Roopkishore Shastri

REFERENCE BOOKS:

A critical Study of Indian Philosophy	:	Dr. R.P. Sharma
Bhartiya Darshan	:	Dr. Sarvapalli Radhakrishnan
Darshan pravesh	:	Yogrishi Swami Ramdev, Divya prakashan, Haridwar
Bhartiya Sanskriti ka itihaas	:	Dr. Satyaketu vidyalankaar.

Course Name:	INTRODUCTION TO PRINCIPAL UPANISHADS
Course Code:	BS-GE--404
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Course 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.
- Quote references of each practice as per traditional texts

UNIT-1: INTRODUCTION OF UPANISHAD & ESSENCE OF ISHA & KENOPANISHAD [15 HRS.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; **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).

UNIT-2: ESSENCE OF KATHO & PRASHNAPANISHAD [15 HRS.]

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; Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul.

UNIT-3: ESSENCE OF MUNDAKA, MANDUKYA AND TAITRIYA [15 HRS.]

Mundaka: The greatness of Brahmadevitya, 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; Mandukyopanishad: All this is Brahman, The fourth state of being, Taitriya: Shikshavalli Brahmavalli (Concept of Panch Kosha)

UNIT- 4: ESSENCE OF AITAREYA, CHANDOGYA & BRIHADARANYAKA [15 HRS.]

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.

TEXT BOOKS

1. Yogrishi Ramdev: Upanishad Sandesh, Divya prakashan, 2018.
2. Dr. Satyavrit Sidhantalankar: Ekadashopnishad

REFERENCE BOOKS

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upanishad Ank: Geeta Press Gorakhpur

Course Name: DISCIPLINE SPECIFIC ELECTIVE-IV
1. FUNDAMENTALS OF UNANI, SIDHHA & HOMEOPATHY/
2. HISTORY OF VEDIC SCIENCE & TECHNOLOGY/
3. COGNITIVE PSYCHOLOGY

Course Name : FUNDAMENTALS OF UNANI, SIDHHA & HOMEOPATHY
Course Code: BSY-DSE- 405
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE) 70 Marks
Internal Assessment: 30 Marks

Course Objectives:

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

- Have an idea about fundamentals of unani system of medicine
- Have an idea about fundamentals of Siddha System of Medicine
- Have an idea about fundamentals of Homeopathy

UNIT I: Fundamentals of Unani System of Medicine [20 hrs.]

Hikmat, Tareef-wo-taqseem, Mauzu, aur Gharz-o-Ghaiyath (Philosophy, its Definition and kinds, aims and objectives). Jism, Jism-e-Taba'I, Jism-e-Taleemi, Heula, Surat, Jasmiah-o-Surat-e-Nuwia ki tareef (Body, Physical body, Educational Body, Matter, Shape, Definition of Body Shape and Species Shape). Makan, Hayyaz, aur Shakl ki tareef (Definition of Space, locus and Shape). Harkat wa Sukoon ki tareef gharz-o-ghayat, aqşam-o-sharayath. (Movement and Rest, their definitions, aims and objects, kinds and conditions). Zamānah ki tareef-wo-tauzee. (Definition of Time and its Explanation). Anāsir ki tareef, Aqşam, Kaifiyyāth-wo-Mizaj Ijmāli Bayan (Definition of Elements, kinds, conditions and temperament (with brief description). Kaun-wa-Fasād, Murakkabate Tāmmah, Jamadāt, Nabatāt-wo-Nafse Nabati, Nafse Haiwani, Nafse Natiqa aur iski matehath kām karne wāli quwwatein, Murakkabat-eNāqisa ki tareef mae imsāl. (Anabolism and Catabolism, Complete compounds, Minerals, Plants and Botanical Reason, Animal Reason, Human Reason and faculties working under them, Definition of incomplete compounds along with examples).

UNIT II: Fundamentals of Siddha System of Medicine [20 hrs.]

Introduction, origin & Development of Siddha. Three primordial, eternal entities and their siddha anthic theories (Pathi, Paasu, Paasam), their definition, description and classification. Types of Deekal (Initiation towards the highest goal of Life). Ten types epistemology in Siddha. Five element theory (Lymbootha Kolgal). Ninety Six Fundamental Principles of Siddha. Three Humoural Theory (Uyir Thaathukkal), Seven Pphysical Constituents (Udal Kattukkal), Five basic properties of Drugs. Attanga Yogam (Ashtanga Yoga), Attamaa Sithigal, Thirukkural (Marunthu Athikaram), Rasavaatham (Alchemy), Muppu, Kaayakalpam (Elixir Science).

UNIT III: Fundamentals of Homeopathy [20 hrs.]

Introduction, origin & Development in Homeopathy. Concepts of Homeopathy: Causation, Susceptibility, Second Prescription, Aggravation of Disease. Principles of Homeopathy: Key, Crucial & Supporting Principles. Present Status of Homeopathy: Regulatory System, Education & Research in Homeopathy. Therapies & Treatment in Homeopathy: Tongue Diagnosis, Principles of Prescription, Classification of Disease, Classification of Symptoms, Constitution & Constitutional approaches, Alcohol Dependence & Homeopathic Management.

Course Name:	HISTORY OF VEDIC SCIENCE & TECHNOLOGY
Course Code:	BSY-DSE- 406
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Course Objectives:

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

- Have an idea about Science and Technology in Ancient India.
- Have an idea about Architecture & Astrology in Ancient India.
- Have an idea about Astronomy & Mathematics in Ancient India.
- Have an idea about Political Science & Economics.

UNIT I- Science and Technology in Ancient India [15 hrs.]

Science and Technology in Vedas: Evolution of Universe, Origin of Life, Origin & development of Human Being (Sanskara & Purusharth), Evolution of Society & its management (Varnashram Vyavastha). Evolution of family & its Management (Hierarchy of Relations, Patriarchy, Matriarchy their Pons & Cones). Trading in Indus Valley & Gangatic Plane. **Script:** Origin, development, concept & principles of Script; Brahmi & Kharoshthi

UNIT II- Tools. Architecture & Astrology in Ancient India [15 hrs.]

Tools: Origin & Development of Pottery, Origin & development of Agricultural tools, Origin & development of Armors & Archery, Origin & Development of transportations. Origin & development of Medical & Pharmaceutical tools. **Three dimensional Vedic Technology-** Mantrik, Tantrik and Yantrik. **Architecture:** The nature of architecture and architecture in Vedic Vangmaya, **Astrology:** Jyotish Shastra; Antiquity of Astrology and Skandhpanch of Jyotish- Hora, Siddhant, samhita, Prashn and Shakun.

UNIT III- Astronomy & Mathematics in Ancient India [15 hrs.]

Origin & development of Astronomy. Components of Astronomy, Relationship of Indian dietities with Astronomy. Calculation of time in Vedic Vangmaya: Samvatsar, Vikram Samvat, Shak Samvat. Origin & development of Indian numeral system, Vedic Mathematics. Role of Aryabhatt, Varahamihir, Bhashkaracharya in development of Vedic & modern Mathematics.

UNIT IV- Political Science & Economics [15 hrs.]

Origin & development of Political Science; Origin of State and its governance, Role & responsibilities of State & their Rulers in relation to Vedas, Epics (Ramayana & Mahabharata), Buddha Literature, Kautilya & Manusmriti. Origin & Development of Economics in relation to Agriculture, Trade, Nemismatics.

Suggested Readings:

- ळवअपदक वेदकतं चंदकमल रू भारतीय संस्कृति, हिन्दी ग्रंथ अकादमी, भोपाल, 2008
- ळवअपदक वेदकतं चंदकमलरू वैदिक संस्कृति, लोक भारती प्रकाशन, दिल्ली
- ज्ञांचपस कमअ कूपअमकपरू वेदों में विज्ञान, विष्वभारती अनुसंधान परिशद, 2014
- छंतमदकतं डवींदरू भारतीय संस्कृति, प्रभात प्रकाश, दिल्ली, 2011
- तंकीं ज्ञानउनक डववामतरपरू प्दकपंदौपचचपदहए च्णइणैवनजी णेपं ठववोए 1999
- तंइंसप चंदकमलरू भारतीय पुरालिपि, लोक भारती प्रकाशन, प्रयागराज, 1998
- ळजपो वेदक डपजजंसरू भारतीय संस्कृति के चार अध्याय, अखिल भारतीय इतिहास संकलन योजना, दिल्ली, 2018
- ळीतप ळतअपदकरू भारतीय संस्कृति के आधार, अदिति कार्यालय, अरविन्द आश्रम, पोडिचेरी
- जीवतें डनतपवमरू प्दकपंद ळदजपुनपजपमेए च्णइण ज्ण डनतपवमए 1806ए स्वदकवद
- टैनकमअौतंद ळहहंतूसरू पाणिनीकालीन भारतवष, पृथ्वी प्रकाशन, वाराणसी
- ळपसस कनतंदजरू जैमैजवतल विबिपअपसप्रंजपवदए पिअम बवउउनदपबंजपवदए णै श्रंदण 1993;11 टवसद्ध
- ळमानजीपंस ळपदीनतहरू छमू सपहीज वद वनत छनउमतसेण
- त्णज डववीमतरमरू जैम थनदकंउमदजंस न्दपजल विपदकपं

Course Name	:	COGNITIVE PSYCHOLOGY
Course Code	:	BSY-DSE-407 (DSE-04)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam (SEE)	:	70 Marks

Course Objective:

1. Recognize the underlying rules of psycholinguistics in the creation, comprehension, and perception of language and speech. D
2. Distinguish between various theoretical approaches and paradigms for a holistic and nuanced understanding of each cognitive process.
3. Apply their learning of sensation, perception, and memory in information processing as contextualized to different cultures.
4. Identify suitable scientific methodologies for the investigation of various cognitive processes (e.g., memory, perception, attention etc.).
5. Evaluate the role of cognitive processes in determining the quality of daily decision making (such as eyewitness testimony, detection of stimuli, etc.).
6. Design different effective techniques to enhance the language comprehension.

Unit-I Introduction to Cognitive Psychology [15 Hrs.]

Cognitive Psychology: Nature and Domains, Methods of Cognitive Neuroscience, Historical Antecedents, Paradigms of Cognitive Psychology, Application: NLP.

Unit-II Attention and Perception [15 Hrs.]

Selective Attention: Filter Theories Signal Detection Theory: Characteristics of receiver and decision making, Perception: Bottom Up and Top-Down Theories, Cultural Influence on Perception, Application: Extra Sensory Perception.

Unit-III Memory [15 Hrs.]

Sensory Memory - Nature and Types, Short Term Memory: Codes and Capacity, Working Memory Long Term Memory - Types, Autobiographical Memories, Eyewitness Testimony and Memory Distortions Application: Neuroplasticity.

Unit-IV Language [15 Hrs.]

Perspective of Language: Modular, Whorfian Hypothesis Speech Perception: Theories & Affecting Factors, Universal Grammar, Factors Affecting Comprehension, Application: Bilingualism.

References:

1. Kaplan, S. & Kaplan, R. (1982). Cognition and Environment. N. Y.: Praeger Publishers.
2. Kellogg, R. T. (2007). Fundamentals of Cognitive Psychology. N. D.: Sage Publications.
3. Matlin, M. (1994). Cognition. Bangalore: Harcourt Brace Pub.
4. Messer, D. & Miller, S. (1999). Exploring Developmental Psychology. London: Arnold.
5. Reed S. K. (1998). Cognition: Theory and Application (3rd ed.). California: Brooks / Cole Pub. Company.
6. Reed, S. K. (1988). Cognition: Theory and Applications (3rd ed.). California: Brooks Cole Pub. Co.
7. Solso, R. L. (2004). Cognitive Psychology (6th ed.). Delhi: Pearson Education.
8. Sternberg, R. J. (2007). Cognitive Psychology. Australia: Thomson Wadsworth

Course Name: ANTHROPOMETRIC ASSESSMENTS
Course Code: BSY-SEC- 408
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lecture + 01 Tutorials per Week)
Final Exam: 70 Marks
Internal Assessment: 30Marks

Course Objectives:

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

- Have an idea about Anthropometry Measurements
- Have an idea about Physiological parameters and clinical examination
- Have an idea about Measurement and Recording
- Have an idea about Understating of Physiology and Application of Asanas.

UNIT 1: Anthropometry measurements [15 HRS.]

Weight, stature, eye height, Body Mass Index, Body Surface Area, Shoulder height, elbow height, head circumference, neck circumference, mid upper arm circumference, chest circumference, waist circumference, hip circumference, waist hip ratio, Measurement of fat percentage. Introduction of GAIT Analysis.

UNIT 2: Physiological parameters and clinical examination [15 HRS.]

Heart rate, pulse rate and respiratory rate, Blood Counts, and their clinical examinations. Urine examinations, Faecal examinations. Kidney Function Test, Liver Function Test and other physiological parameters.

UNIT 3: Measurement and Recording [15 HRS.]

Effect of Yogasana (Prone, Supine, Sitting, Standing positions), Suryanamaskar, Pranayama and Meditation on human body. Spirometry, knowledge of Reflexes, Measurement of strength of muscle. Measurement of flexibility. Recording of ECG, EEG & GSR.

UNIT 4: Understating of Physiology and Application of Asana [15 HRS.]

Understanding of muscles physiology with the help of model/chart and its practical applications in Asana. Knowledge of COG, LOG, BOS in Asanas (in Sitting, standing, lying, balancing asanas), Knowledge of Biomechanics of Yogic postures. Analysis/assessment of functions of Joints and muscles in relation to Asanas.

REFERENCE BOOKS:

1. Dr. Kanika Jain, Dr Ajiy Kumar Wahane: Standerdization of Praman for practicle use in Anthropometric Fitness.
2. Charles Roberts: A manual of Anthropometry.
3. S.P. Singh, Promil Mehta: Human Body Measurements: concepts & applications.
4. Anjali Thakare: Test, Measurement & Evaluation in Physical Education.

Course Name:	YOGA PRACTICUM-4
Course Code:	BSY-CP- 409
Total Credit:	04
Teaching Hours:	120 Hrs (08 Sessions per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objectives:

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

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

UNIT 1: SHATKARMAS [15 HRS]

Gajkarni, Vasti, Naulichalana,

UNIT-2: ASANAS [25 HRS]

Karnapeedasana, Kapotasana, Rajkapotasana, Bakasana, Kukkutasana, Garbhasana, Marjariasana, Matsyendrasana, Sirsasana, Padangushthasana, Hastapadangushthasana, Garudasana, Vatayanasana, Natrajasana, Mayurasana, Ekpada Kandarasana, Dwipadakandarasana.

UNIT-3: MUDRAS [10 HRS]

Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

UNIT-4: PRACTICE LEADING TO MEDITATION [10 HRS]

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

Unit-5: PREPARATION & APPLICATION OF 10 LESSON PLAN [20 HRS.]

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the couse coordinator. Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

Students have to teach the prepared lesson plan in previous semester Yoga Practicle classes under supervision of Yoga Teachers/Instructors.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
4. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

REFERENCE BOOKS

1. Science Studies Pranayam, Patanjali Research Foundation, Haridwar 2011
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06.

Course Name:	PRACTICUM BIOCHEMISTRY & BIOMECHANICS
Course Code:	BSY-CP- 410
Total Credit:	02
Teaching Hours:	6 Hrs (04 Sessions per Week)
Final Exam (SEE)	35 Marks
Internal Assessment:	15 Marks

Objectives:

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

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

UNIT-1: DEMONSTRATION [20 HRS]

Identification and Analysis of Constituents in Normal Urine –Urea-Uric acid – creatinine – Calcium and Phosphorous – Sulphate Ammonia – Chloride; Identification and Analysis of Constituents in Abnormal Urine – Protein, blood, bile pigments – bile salts, sugar, Ketone bodies; Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Urinary creatinine; Identification and Analysis of Gastric juice; Identification and Analysis of Urinal Chlorides.

UNIT-2: DEMONSTRATION [30 HRS]

Velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; Torque; Kinematics – the description of motion e.g. type, location, direction; planes of movement; type of displacement (movement); Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas.

Center of Gravity, Equilibrium, line of Gravity; Fundamental movements at various joints; Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga posture; Force, Lever; Newton's Laws of Motion .

UNIT-3: TEACHER'S CONINUOUS EVALUATION [10 HRS]

TEXT BOOKS

1. Keith Wilson & John Walker :Principles & Techniques of Practical Biochemistry, 5th edition
2. V.K.Malhotra :Practical Biochemistry for students, 4thedition, 2008, 12th edition 2012, Jaypee Brothers medical Publishers Ltd.
3. Yoga Biomechanics by Jules Mitchel, Handaspring publication, US 2018

REFERENCE BOOKS

1. ShrutiMohanty&Aparna B. Varma:Practical Clinical Biochemistry, Jaypee Brothers medical Publishers ltd. 2013
2. D.M. Vasudewan&Subir Kumar Das :Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers ltd. 2013
3. Patel: Yoga and Rehabilitation, JayPee Brothers, Medical Publication, 2008.
4. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013

Semester-V

Course Name:	YOGOPNISHADS-I
Course Code:	BSY-CT- 501
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objective:

1. To understand the subtle essence of Trishikh Brahmopnishad
2. To understand the subtle essence of Dhyana Bindopnishad
3. To understand the subtle essence of Nadabindopnishad
4. To understand the subtle essence of Brahma- Vidyopnishad

UNIT 01: TRISHIKH BRAHMOPNISHAD [15 hrs]

Concept of Evolution from Brahman to Panchakarana, Gnosis, Yoga for Gnosis, Karmayoga, Jnanayoga, Ashtangayoga, Ten folds of Yama & Niyama, Asanas, Controlling of Breath & purification of Nadi, Agni Kendra, position of kundalini & its functions, Circulation of Prana in Nadis, Kumbhaka with Chin Mudra, Pranayama, Control of mind with Sanmukhi Mudra, Dharana on panchatatwa, Dhyana on Vasudeva leading to Turiya. Dhyana on Brahman.

UNIT 02: DHYANA BINDOPNISHAD [25 Hrs]

Forms of Pranava, Meditation on Pranava, Pranav dhyana with Pranayama, Other techniques of Pranav dhyana, Dhyana on Brahman, Dhyana of Trideva, Dhyana on Heart, Merging of Prana 7 Brahma, Six folds of Yoga, four asanas, Seat of Yoni, Four Chakra, Group of Nadis, Ten Pranas, Oneness of Prana & Apana, Ajapa-hamsa-vidya, Awakening of Kundalini, Awakening of Kundalini with Brahmacharya, Tribandha, Khecharimudra, Vajroli, Two kinds of Bindu-their union leading to Jivana mukti, Mahamudra, Manifestation of Atman in Heart, Visualisation of Parmatman with application of Nada.

UNIT 03: NADABINDOPNISHAD [15 Hrs]

Vairajya-vidya, Pranava & its 12 Mantra, Nada its effect on mind, Turiya Awastha, Power of Sound in relation to mind. Videha-mukti through Nada.

UNIT 04: BRAHMA- VIDYOPNISHAD [15 Hrs]

Four Mantras of Pranav, Liberation by sound of Pranav, Real form of Jiva, Hamsa Vidya, Finite & Infinite Atma, Three kind of preceptors, Pranav Hamsa, Hamsa Mantra.

Books:

1. Upanishad Sandesh: Divya Prakashan, Haridwar
2. Jnana Khand, Gayatri Prakashana
3. BrahmVidya Khand, Gayatri Prakashana
4. Sadhna Khand, Gayatri Prakashana
5. The Yoga- Upanishads, TR Srinivasa Ayyangar, Vasant Press, ADYAR, Madras.

Course Name:	YOGA THERAPY WITH DISEASE SPECIFIC YOGA THERAPY MODULES-I
Course Code:	BSY-CT-502
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objectives:

- To understand the principles of Yoga Therapy according to diseases.
- To prepare standard Yoga Therapy protocol according to diseases.
- To understand the cause of disease and the role of Yoga in health and healing.

UNIT-1: FUNDAMENTALS OF YOGA THERAPY [15 HRS.]

Concept of Yoga therapy, Meaning, definition, principles, impact factors and limitations, qualities of Yoga therapy, therapeutic physiology of Shatkarma Asan, Pranayam, Mudra, Bandha, Dharna and Dhyan.

UNIT-2: CARDIOVASCULAR DISORDERS [15 HRS.]

Introduction to Cardio vascular disorders- hypertension; (definition, etio- pathogenesis, classification and its Yogic management), atherosclerosis/coronary artery disease(definition, etio- pathogenesis, classification and its Yogic management), Ischemic heart disease- Angina pectoris/myocardial infarction (definition, etio- pathogenesis, classification and its Yogic management)

UNIT-3: RESPIRATORY DISORDERS [15 HRS.]

Introduction to respiratory disorder, Bronchial Asthma (definition, etio- pathogenesis, classification and its Yogic management), Chronic Obstruction Pulmonary disorders (COPD), (definition, etio- pathogenesis, classification and its Yogic management), Allergic Rhinitis (definition, etio- pathogenesis, classification and its Yogic management), Pulmonary tuberculosis (definition, etio- pathogenesis, classification and its Yogic management).

UNIT-4: GASTRO INTESTINAL DISORDERS. [15 HRS.]

Gastro Intestinal disorder, Acid peptic disease (definition, etio- pathogenesis, classification and its Yogic management), Irritable Bowel Syndrome (definition, etio- pathogenesis, classification and its Yogic management), Hepatitis (definition, etio- pathogenesis, classification and its Yogic management), Diabetes Mellitus (definition, etio- pathogenesis, classification and its Yogic management), and Hypo/Hyper Thyroidism (definition, etio- pathogenesis, classification and its Yogic management).

TEXT BOOKS

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
5. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

BOOKS FOR REFERENCE

1. Yogic Management of Common Ailments: Kaivalyadhama, Lonavla, Pune.
2. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
3. Yogic management of Asthma & Diabetes: Dr Shankardevananda; Yoga Publication Trust, Munger, Bihar.
4. Yogrishi Swami Ramdev: Yoga in synergy with Medicakl Science, Divya Prakashan, 2007

Course Name: RESEARCH METHODOLOGY AND STATISTICS
Course code: BSY-CT-503
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE) 70 Marks
Internal Assessment: 30 Marks

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.

UNIT- 1: INTRODUCTION TO RESEARCH METHODOLOGY [15 HRS.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically about Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.

UNIT- 2: INTRODUCTION TO RESEARCH PROCESS [15 HRS.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity.

UNIT-3: INTRODUCTION TO RESEARCH DESIGN [15 HRS.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to followup, Controls, Ethical issues, Issues of bias and confounding.

UNIT-4: STATISTICS

Normal distribution– Skewness and kurtosis; Frequency distribution; Measures of central tendency– mean, median, mode; Measures of dispersion– range, variance and standard deviation; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

UNIT-5: REPORTING RESEARCH

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

TEXT BOOKS:

1. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.
2. Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi
3. Research Publications: Patanjali Research Foundation, Haridwar

REFERENCE BOOKS:

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

Course Name: FUNDAMENTALS OF COMPUTER APPLICATIONS
Course Code: BS-GE- 504
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE) 70 Marks
Internal Assessment: 30 Marks

Course Objectives

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

- Understand the Introduction to Computer System.
- Understand the Computer Software & Operating System
- Understand the Data Communication and Computer Network
- Understand the Internet and WWW

UNIT I- Introduction to Computer System

Introduction to Computer, Characteristics of Computer, Applications of Computer, Classification of Computer, Memory & Its Classification, Input devices, Output Devices, Interfaces. Types of Programming Languages: Machine Languages, Assembly Languages, High Level Languages, Data Organization: Drives, Files, Directories, Number Systems: Decimal, Binary, Octal, Hexadecimal, Number System Conversion, Operations on Number System.

UNIT II. Computer Software & Operating System

Introduction to Software, Types of Software, Program vs. Software, Introduction to Operating System, Function of Operating System, Types of Operating System

Unit-II Algorithm and Flowcharts

Algorithm: Definition, Characteristics, Advantages and disadvantages, Examples, Flowchart: Definition, Define symbols of flowchart, Advantages and disadvantages, Examples

UNIT III. Data Communication and Computer Network

Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN,WAN,MAN Topologies, Transmission Media

UNIT I V. Internet and WWW

Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web(WWW): World Wide Web and Its Evolution, Uniform Resource Locator(URL), Browsers: Internet Explorer, OSI Model

Reference Books:

1. Fundamental of Computers – By V. Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha
3. MS-Office 2000(For Windows) – By Steve Sagman
4. Computer Today- By Suresh Basandra
5. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

Course Name: COUNCELLING AND ITS YOGIC COMPONENTS
Course Code: BS-GE- 505
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE) 70 Marks
Internal Assessment: 30 Marks

Objectives:

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

- Understand human behaviour at different stages
- recognize behavioural problems and examine strategies for positive behaviour
- management identify different types of exceptionalities
- relate counselling theory to issues in counselling
- develop an ethical approach to counselling

Unit 1 NATURE AND SCOPE OF GUIDANCE [15 hrs]

Concept and Definition of Guidance and Counselling, Guidance and Life Goals, The Counselling Vocation, The Phases of the Counselling Process (Assessment, Intervention, and Termination), Characteristics of an Effective Counsellor
1.6 Personal challenges as a Counsellor

Unit 2 STAGES OF HUMAN DEVELOPMENT AND AREAS OF GUIDANCE [15 hrs]

Characteristics of Different Stages of Development (Physical, Cognitive, Emotional, Social, and Moral), Problems of Childhood, Problems of Adolescence, Problems of Adulthood and the Aged, The Concept of Adjustment and Adjustment at Different Stages of Life

Unit 3 EXCEPTIONALITY: TYPES AND PROBLEMS & COUNSELLING SPECIAL GROUPS [15 hrs]

Nature of Exceptionality, Intellectual Exceptionality: Intellectual Superiority and Mental Retardation, Sensory Handicaps: Visual, Aural, Motor and Speech Handicaps, Family and Personal Problems of the Exceptional, Care and Education of the Exceptional, Characteristics and Needs of Special Groups Socially and Economically Disadvantaged, Destitutes and Orphans, Delinquents, Drop-out, Aids Patients, Drug Addicts and Alcoholics, Paedophiles, Homosexuals.

UNIT 4: YOGIC COUNCELING [15 HRS.]

Mental Dynamics Involved in Existential Disorders as per 5th Chapter of Hathapradipika. Model Case History of Functional & Emotional Disorders. Possible "Collaborative Synthesis" between Yog and Psychotherapy in the Treatment of Existential Disorders. Stress Management Strategies as Inferred from PYS. Physiological Mechanism Underlying Stress - Response, Oxidative Stress. Essence of Psychological and Yogic Counselling

COURSE NAME:	YAGYOPATHY
Course Code:	BSY-SEC-- 506 (SEC-03)
Total Credit:	02
Teaching Hours:	30 Hrs (01 Lecture + 02 Practical Classes per Week)
Final Exam (SEE)	35 Marks
Internal Assessment:	15 Marks

Objective

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

- Understand the relevance of Yajna
- Perform Yajna properly
- Understand the rituals of Yajna
- Know the health benefits and applications of Yajnopathy

UNIT - 1: INTRODUCTION TO YAJNA [10 HRS.]

यज्ञ का परिचय: यज्ञ शब्द का निर्वचन व परिभाषा। यज्ञ का इतिहास, यज्ञ के प्रकार, यज्ञार्थ सामग्री व उपकरण। पंचमहायज्ञ: पंचमहायज्ञ के लाभ, ब्रह्मयज्ञ, देवयज्ञ, बलिवैश्वदेवयज्ञ, अतिथियज्ञ व पितृयज्ञ मन्त्रार्थ—स्मरण सहित विधि। शास्त्रों में यज्ञ का स्वरूप:— चारों वेद, गीता, उपनिषद, मनुस्मृति, ब्राह्मण—ग्रन्थ, गृहसूत्रा व मीमांसादर्शन इत्यादि में।

UNIT - 2: INTRODUCTION TO YAJNOPATHY [10 HRS.]

यज्ञ के विभिन्न पहलू:— यज्ञ से चिकित्सा, ग्लोबल वार्मिंग का समाधान, वृष्टि, कृषि व अध्यात्म उन्नति। यज्ञ पर वैज्ञानिक शोध:— चिकित्सा शोध, माइक्रोबायोलॉजिकल ; बैक्टीरिया, फंगस, वायरस, कैमिकल (Co₂, So, No, Pb, As, Hg, CCIF) व सूक्ष्मकण एवं रेडिएशन पर यज्ञ ऊर्जा के प्रभाव पर शोध।

UNIT- 3 APPLICATION OF YAJNOPATHY [10 HRS]

Application of Yajnopathy for common ailments: Obesity, Hypertension, Diabetes, Thyroidism, Skin Disease, Sinusitis, Asthma, Stress.

REFERENCES

1. Vaidic Nitya Karma Vidhi: Divya Prakashan, Haridwar
2. Yagya-yoga-yurveda Chikitsa: Divya Prakashan, Haridwar
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik
4. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
5. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.

Course Name:	YOGA PRACTICUM-5
Course Code:	BSY-CP- 507
Total Credit:	04
Teaching Hours:	120 Hrs (08 Sessions per Week)
Final Exam (SEE)	70 Marks
Internal Assesment:	30 Marks

Objective

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

- Understand about various therapeutic Yoga modules.
- Understand the way of application of Yoga therapy modules.
- Know disease wise application of Yoga therapy modules.
- Differentiate between Yoga training and therapeutical application of Yoga

UNIT 1- ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES [15 HRS]

Mechanism of Asana, difference between Asana and exercise

UNIT 2- YOGA THERAPY MODULES FOR CARDIOVASCULAR DISORDERS RESPIRATORY DISORDERS [40 HRS]

Hypertension; hypotension, atherosclerosis, coronary artery disease, Angina pectoris/myocardial infarction. Bronchial Asthma, Chronic Obstruction Pulmonary disorders (COPD), Allergic Rhinitis, Pulmonary tuberculosis

UNIT-3: GASTRO INTESTINAL DISORDERS. [25 HRS.]

Gastro Intestinal disorder, Acid peptic disease, Irritable Bowel Syndrome, Hepatitis, Diabetes Mellitus and Hypothyroidism, Hyperthyroidism.

UNIT-4: YAJNA KARMA & MARMA THERAPY [40 HRS]

Practice and procedure of Yajna including learning and memorization of mantras. Do's and Don'ts of Yajna. Identification of various marma points; Application on Marma Points; Activation of Marma Points, its practice and procedure. Therapeutic application of Marma points. Understanding, memorization and recitation of Mantras

TEXT BOOKS

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
5. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008) Yogrishi Swami
6. Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010 Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
7. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
8. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983

BOOKS FOR REFERENCE

1. Science Studies Pranayam, Patanjali Research Foundation, Haridwar 2011
2. Yogic Management of Common Ailments: Kaivalyadhama, Lonavla, Pune.
3. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
4. Yogic management of Asthma & Diabetes: Dr Shankardevananda; Yoga Publication Trust, Munger, Bihar.
5. Yogrishi Swami Ramdev: Yoga in synergy with Medical Science, Divya Prakashan, 2007
6. Yajnopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
7. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik.
8. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.
9. Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.
10. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
11. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangoore.
12. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996.
13. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010

Course Name: CASE STUDY/EXPLORATORY RESEARCH/SURVEY
Cours code: BSY-CP-508
Total Credit: 02
Teaching Hours: 60 Hrs (04 Sessions per Week)
Final Exam (SEE) 35 Marks
Internal Assesment: 15 Marks

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.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical tests and their application.
- Write a research project/Case Study/ Survey

RESEARCH PRACTICAL

A Case Study/ Exploratory Research/ Survey Has to be conducted under the supervision of a Lecturer /Assistant Professor.

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

This pilot research should be submitted to the supervisor and the course coordinator.

Semester-VI

Course Name:	YOGOPNISHADS-II
Course Code:	BSY-CT- 601
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objective:

1. To understand the subtle essence of Yoga Kundalyopnishad
2. To understand the subtle essence of Mandala Brahmopnishad
3. To understand the subtle essence of Yogacudamanyopnishad
4. To understand the subtle essence of Yogtatwopnishad

UNIT 01: YOGA KUNDALYOPNISHAD [15 hrs]

Padmasana & Vajrasana, Rousing of Saraswati, Varieties of Pranayama, Surya, Ujjai, Shitali, Bhastraka Kumbhaka, Tri Bandha, Times of Kumbhaka Practice, Obstacles in practice of yoga & to overcome them. Kundalini, Samadhi-yoga, Khechari Vidya, Khechari Mantra, Purnima Trataka, Meditation tool of attaining Brahma.

UNIT 02: MANDALA BRAHMOPNISHAD [15 Hrs]

Four fold yama, Nine fold Niyamas, Shadangayoga, five inherent defect of Body, Trataka; three kind of Introspection, Trataka & Amanaska, Jyotir Atman by Shambhavi, Pranav through Shanmukhi, Unmani State.

UNIT 03: YOGACUDAMANYOPNISHAD [15 hrs]

Yogacudamanyopnishad: Shadanga Yoga, Chakras, Places of Nadis, Prana, Ajapa Gayatri, Three Bandha, Khechari Mudra, Maha mudra, Pranava prayer, Turiomkara, Four Hamsa, Purification of Nadis by pranayama, Shanmukhi Mudra. Withdrawal of sense organs with Pranayama.

UNIT 04: YOGTATWOPNISHAD [15 HRS]

Ashtanga Yoga, Parmatmana & Jiva, Four kinds of Yoga, Yama, Niyama & Asanas, overcoming the obstacles, Matha, Purification of Nadi, Kewal Kumbhaka, Pranav Japa, Ghata, Pratyahara, Dharana, Meditation. Samadhi, Maha bandha, Maha Veda, Khechari, Three Bandha, Viparitkarna, Vajroli, Amroli, Raja Yoga, Cause of detachment, Workship of Pranav.

Books:

1. Upanishad Sandesh: Divya Prakashan, Haridwar
2. Jnana Khand, Gayatri Prakashana
3. BrahmVidya Khand, Gayatri Prakashana
4. Sadhna Khand, Gayatri Prakashana
5. The Yoga- Upnishads, TR Srinivasa Ayyangar, Vasant Press, ADYAR, Madras.

Course Name:	YOGA THERAPY WITH DISEASE SPECIFIC YOGA THERAPY MODULES-II
Course Code:	BSY-CP- 602
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

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.

UNIT -1: NEURO MUSCULAR DISORDERS [15 HRS.]

Neuro muscular: Back Pain (definition, etio- pathogenesis, classification and its Yogic management), Rheumatoid Arthritis (definition, etio- pathogenesis, classification and its Yogic management), Inter vertebral disc Prolapse (IVDP) (definition, etio- pathogenesis, classification and its Yogic management), spondylosis (definition, etio- pathogenesis, classification and its Yogic management), spondylolisthesis (definition, etio- pathogenesis, classification and its Yogic management), Radiculopathy (definition, etio- pathogenesis, classification and its Yogic management).

UNIT-2: OBSTETRICS & GYNECOLOGICAL DISORDERS [15 HRS.]

Yogic management for Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g, dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause.

UNIT -3: NEUROLOGICAL DISORDER [15 HRS.]

Headache/ Migraine (definition, etio- pathogenesis, classification and its Yogic management), Idiopathic Parkinsonism Disease (definition, etio- pathogenesis, classification and its Yogic management), Schizophrenia (definition, etio- pathogenesis, classification and its Yogic management), Obsessive Compulsive Disorders (OCD) (definition, etio- pathogenesis, classification and its Yogic management), Epilepsy (definition, etio- pathogenesis, classification and its Yogic management).

UNIT- 4: CANCER MANAGEMENT [15 HRS.]

Proliferation, Tumor & Cancer; its causes, types, clinical features and its Yogic management. Side effects of chemotherapy, radiotherapy and its Yogic management.

TEXT BOOKS

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
5. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011

BOOKS FOR REFERENCE

1. Yogrishi Swami Ramdev: Yoga in synergy with Medical Science, Divya Prakashan, 2007
2. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005.
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. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990
6. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
7. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts

Course Name: ADVANCE COMPUTER APPLICATIONS
Course Code: BS-GE- 603
Total Credit: 04
Teaching Hours: 60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE) 70 Marks
Internal Assessment: 30 Marks

FUNDAMENTALS OF COMPUTER APPLICATION

Objectives:

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

- Gain knowledge about complete instructions and signs relating to Excel.
- Gain knowledge about complete instructions and signs relating to PowerPoint.
- Gain knowledge about complete instructions and signs relating to Computer Virus, Internet Search & Email.

Unit-1: Excel [15 Hrs.]

Starting Excel: Excel window, Ribbon, Excel Workbook and Worksheet, Opening workbook, Data entry, navigating the worksheet, Saving and Printing Workbook. Editing Excel : Selecting Cells and Ranges, Editing data, Modifying a Worksheet, Adding worksheets, rows and columns, Resizing rows and columns, moving and copying cells, freeze pane, Find and Replace data, Autofill. Formatting Worksheets: Formatting cells, Formatting rows and columns, Formatting text, Formatting worksheets using Styles Toolbar, Auto formatting, AutoCorrect, Format painter. Formulas and Functions: Formulas, Operators, Creating a formula, AutoSum, Relative, Absolute and Mixed Referencing, Functions, Spell Checking. Using Charts: Components of a Chart, Chart types, creating a Chart.

Unit-2 : PowerPoint [15 Hrs]

Power Point Presentation: Starting PowerPoint, Creating a presentation, Opening an existing presentation. Viewing slides - Normal View, Slide Sorter View, Notes Page, Slide Show. Working with slides - Adding a slide, deleting a slide, Adding text, moving a text box, format text. Adding WordArt, Format WordArt. Adding shapes, image and clipart. Adding theme to slide, changing the background. Formatting presentation using slide master. Objects and Animation: Creating Custom Animation Effects for objects, Modify Animation effects, Create a Slide Transition, Change the order of the slide, Slide Show Options, Rehearse Timing

Unit-3: Internet Search & Email [15 Hrs]

Search Engine, Types of Search Engine, Finding information through search engine, Different Search Engines, E-Commerce, Types of E-Commerce, E-Business, E-mail Management: Importance of E-mail, E-mail Services, Opening an email account using Gmail. Composing an email, Sending an email with attachment, Formatting text. E-mail actions- Reading an email, replying an email, forwarding an email, printing an email and deleting an email. Adding a signature. Creating folders/ labels for archiving emails.

Unit-7: Computer Virus [15 Hrs]

Computer Virus, Computer virus versus Biological virus, Computer virus classification - Boot sector virus, Companion virus, E-mail virus, Logic Bomb, Macro virus, Cross-site scripting virus, Worm, Trojan Horse. Effects of computer virus, the vulnerability of operating systems to virus, protection from virus and use of popular antivirus software.

Course Name:	WELLNESS TOURISM
Course Code:	BS-GE- 604
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objective:

The course intent to upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country. Since health tourism constitute a niche market for the industry and the government as well, it becomes desirable for the students to get in touch with this new segment of tourism industry. After studying this course, the student shall be able to define the trends, issues and challenges in the field of health tourism in India.

Unit 1 Introduction to Tourism [12 hrs.]

Basic Meaning of word 'Wellness'. Aims & objectives, Introduction to Tourism: Meaning, nature, scope & objectives, Relevance of Yoga in relation to Tourism.

Unit II Components Of Tourism [12 hrs.]

Tourism Types, Products & Concepts, Tourism Elements & Components, Peace & Wellness Tourism, Factors affecting Wellness Tourism.

UNIT III Wellness Tourism [12 hrs.]

Health and Medical Tourism: Meaning, nature and scope, Health and Medical tourism Product, Health and Medical Tourism markets at global level, Advantages and disadvantages for India in Global Medical Tourism Market.

UNIT IV Health and Medical Tourism [12 hrs.]

Health and Medical Tourism in India, Role of Private sector in health and medical tourism, Traditional Health Care system in India, Government incentives for health and medical tourism in India.

Unit V Health Tourism Centres [12 hrs.]

Health Tourism Centres in India: Health Tourism Resources in Haridwar & Rishikesh, Patanjali Health Tourism Institutions, Health & Medical Tourism in Kerala & Tamil Nadu.

Reference

1. Smith, Melanie, & Puczko, Laszlo, Health and Wellness Tourism.
2. Conell, John, Medical Tourism.
3. Kumar, Medical Tourism in India (Management and Promotion)
4. Edlin, Gordon & Golanty, Eric, Health and Wellness.

Course Name: STUDY TOUR
Course Code: BSY-SEC-- 605 (SEC 04)
Total Credit: 02
Tour Hours: 07 days
Final Exam (SEE) 35 Marks
Internal Assessment: 15 Marks

UNIT-1: STUDY TOUR

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

UNIT-2: PRESENTATION

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

Course Name:	COMPLEMENTARY & ALTERNATIVE THERAPY
Course Code:	BSY-CT-606
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objectives

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

- To understand fundamentals of complementary medicine.
- To understand the fundamentals of Alternative Therapy.
- To know the basics of Acupressure to discuss protocol for CAT specific disease management.
- To discuss protocol for CAT specific disease management.

UNIT- 1: FUNDAMENTALS OF CAT [10 HRS.]

CAT History meaning, definition, objectives and types, Prevalence; Contemporary need, Applications and Limitations; Yoga Therapy as Mind Body Therapy: origin, meaning definition aims, principles and practice, Impact, prevalence, applications and limitations.

UNIT- 2: MANIPULATIVE-BODY BASED THERAPY (MBT): [10 HRS.]

Manipulative body based therapy its meaning, definition, aims, principles, types, prevalence, impacts, applications and limitations. ,

UNIT- 3: ACUPRESSURE AND ENERGY MEDICINE- [30 HRS.]

Acupressure- (origin, meaning, definition, principles), five-elements theory, chi-clock cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology. Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions;

UNIT- 4: COMPLEMENTARY AND ALTERNATIVE THERAPIES [10 HRS.]

Complementary and Alternative Therapies for hyperacidity, migraine, insomnia, Depression and anxiety, menstrual disorders, Asthma and Pneumonia, low back pain, arthritis, obesity, diabetes, Hyper/ Hypotension, Hyperthyroidism, Hypothyroidism, Epilepsy, Anxiety, Obsessive compulsive disorder (OCD), Leucorrhoea.

TEXT BOOKS

1. Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.
2. Sharma, S. (2013). Pran Chikitsa (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
3. Micozzi, M. S. (2015). Fundamentals of complementary and alternative medicine (5th ed.). China

REFERENCE

1. Sui, M. C. K. (2005). Advanced pranic healing. Bangalore, India: World India Pranic Healing Foundation-India.
2. Sui, M. C. K. (2005). Pranic Psychotherapy (2nd ed.). Bangalore, India: World India Pranic Healing Foundation-India.
3. Sharma, S. (2013). Chikitsa Upchar Ke Vividh Ayam (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
4. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pictorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.

Course Name:	YOGA PRACTICUM -6
Course code:	BSY-CP-607
Total Credit:	04
Teaching Hours:	120 Hrs (08 Practical Hours per Week)
Final Exam (SEE)	70 Marks
Internal Assessment:	30 Marks

Objective

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

- Understand about various therapeutic Yoga modules.
- Understand the way of application of Yoga therapy modules.
- Know disease wise application of yoga therapy modules.
- Differentiate between Yoga training and therapeutical application of Yoga

UNIT -1: NEURO MUSCULAR DISORDERS [25 HRS.]

Back Pain, Rheumatoid Arthritis, Inter vertebral disc Prolapse (IVDP), spondylosis, spondylolisthesis Radiculopathy.

UNIT-2: OBSTETRICS & GYNECOLOGICAL DISORDERS [25 HRS.]

Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders Infertility; Menopause.

UNIT -3: NEUROLOGICAL DISORDER [25 HRS.]

Headache/ Migraine, Idiopathic Parkinsonism Disease, Schizophrenia, Obsessive Compulsive Disorders (OCD) Epilepsy.

UNIT- 4: CANCER MANAGEMENT [25 HRS.]

Cancer; side effects of chemotherapy and radiotherapy.

UNIT -5 ALL THE YOGA THERAPY MODULES OF YOGA PRACTICUM 9. [20HRS]

TEXT BOOKS

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
5. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011

BOOKS FOR REFERENCE

1. Yogrishi Swami Ramdev: Yoga in synergy with Medical Science, Divya Prakashan, 2007
2. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005.
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. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990
6. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
7. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts.

Course Name: COMPLEMENTARY AND ALTERNATIVE THERAPY PRACTICUM
Course Code: BSY-CP-608
Total Credit: 02
Teaching Hours: 60 Hrs (04 Practical Hours per Week)
Final Exam (SEE) 35 Marks
Internal Assesment: 15 Marks

Aims of the paper: The teaching-learning of this paper will enable learner to –

1. Practice skills of therapeutics related to acupressure, for managing some of the common helth problems and rejuvenation. **[30HRS]**
2. Demonstration of Complementary and Alternative therapies of low back pain, Arthritis, obesity, diabetes, hyper/ hypotension, Hyper/ Hypothyroidism, Hyperacidity, , migrain, insomnia, Depression, Anxiety, Menstrual disorders & Asthma, Pneumonia. **[30HRS]**

University of Patanjali

M.A. in Yoga Science Syllabus



Dated: 26.04.2022

M. A. in Yoga Science

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, 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 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 fundamental & advanced concepts of Yogaas well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

1. **Title of the Programme** The programme shall be called “M. A. in Yoga Science”
2. **Aim of the Programme** The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"
3. **Objectives of the programme**

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention of diseases: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

4. **Eligibility of The Program** – Graduation (Preference to Yoga) in any stream with minimum 55 % marks from a recognized university.

Scheme of Teaching & Examination

S.N	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	MY-CT-101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MY-CT-102	Hatha Yoga	3	1	0	4	20	10	70	100
3	MY-CT-103	Introduction To Shrimad BhagavadGeeta and Samkhya karika	3	1	0	4	20	10	70	100
4	MY-CT-104	Human Biology-I	3	1	0	4	20	10	70	100
5	MY-AEC-105	Advance English Communication -I	3	1	0	2 *	10	5	35	50 *
6	MY-CP-106	Yoga Practicum	0	0	8	4	20	10	70	100
7	MY-CP-107	Human Biology Practicum	0	0	8	4	20	10	70	100
36 Hrs						24+2*	Total			600
Semester II										
1	MY-CT-201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MY-CT-202	Indian Philosophy & Culture	3	1	0	4	20	10	70	100
3	MY-CT-203	Principal Upanishads	3	1	0	4	20	10	70	100
4	MY-CT-204	Human Biology-II	3	1	0	4	20	10	70	100
5	MY-SEC-205	Fundamentals of Computer	3	1	0	2 *	10	5	35	50 *

		Application								
6	MY-CP-206	Yoga Practicum	0	0	8	4	20	10	70	100
7	MY-CP-207	Human Biology Practicum-II	0	0	8	4	20	10	70	100
36 Hrs					24 +2*		Total			600
II Year										
Semester – III										
1	MY-CT-301	Principles & Practice of Yoga Teaching	3	1	0	4	20	10	70	100
2	MY-CT-302	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
3	MY-CT-303	Research Methodology & Statistics	3	1	0	4	20	10	70	100
	(Choose any one)									
4	MY-DSE-304	Introduction to Ayurveda	3	1	0	4	20	10	70	100
4	MY-DSE-305	Yoga Psychology	3	1	0	4	20	10	70	100
	(Choose any one MA-GE 306,307,308)									
5	MY-GE-306	Personality Development	3	1	0	4	20	10	70	100
5	MY-GE-307	Glorious Chapters of Indian History-I	3	1	0	4	20	10	70	100
5	MY-GE-308	Wellness Tourism	3	1	0	4	20	10	70	100
6	MY-AEC-309	Advance English Communication	2	1	0	2 *	10	5	35	50 *

		II								
7	MY-CP-310	Yoga Practicum	0	0	8	4	20	10	70	100
32 Hrs						24+2*	Total			600
Semester- IV										
1	MY-CT-401	Yoga Therapy	3	1	0	4	20	10	70	100
2	MY-CT-402	Naturopathy	3	1	0	4	20	10	70	100
3	MY-CT-403	Complementary & Alternative Therapy	3	1	0	4	20	10	70	100
	(Choose any one)									
4	MY-DSE-404	Dissertation	3	1	0	4	20	10	70	100
4	MY-DSE-405	Field Work	3	1	0	4	20	10	70	100
	(Choose any one)									
5	MY-GE-406	Guidance & Counseling	3	1	0	4	20	10	70	100
5	MY-GE-407	Glorious Chapters of Indian History- II	3	1	0	4	20	10	70	100
5	MY-GE-408	Tourism Resources in India	3	1	0	4	20	10	70	100
6	MY-CP-409	Yoga Practicum	0	0	4	2	20	10	70	50
7	MY-CP-410	Naturopathy & CAT Practicum	0	0	4	2	10	5	35	50
32 Hrs						24	Total			600
Total number of Credits						96+6*	Total Marks			2400

*These credits and numbers are virtual as the papers are of qualifying nature. **L** - Lecture, **T**- Tutorial, **P** - Practical (practice/ field), **CT** - Cumulative Tests, **TA** - Teachers Assessment. **SEE**- Semester end Examination

GE – Generic Elective **DSE** – Discipline Specific Elective
AEC- Ability Enhancement Course

Semester-I

Name of the Course: Fundamentals of Yoga

Course Code: MY-CT-101

The course has been designed to improve English communication of the students.

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

- Introduce Yoga and its main streams.
- Become familiar with the nature of yoga in various texts of Indian knowledge tradition.
- Get acquainted with the history of yoga and its basis.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: General Introduction to Yoga (12 hours)

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in YogVashishtha and Narada Bhakti Sutra, Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy, Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)

General introduction of Tantra and its traditions (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

Unit - 4: Major Streams of Yoga (12 hours)

Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga

Unit - 5: Introduction to Renowned Yogis (12 hours)

Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev

Prescribed text book

1. योगदर्शनम- स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
2. दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
3. योगकेमूलभूतसिद्धांत - आचार्यबालकृष्णजी. दिव्यप्रकाशन, पतंजलियोगपीठ.हरिद्वार
4. गीतारहस्य (निर्धारितपाठ्यांश)- लोकमान्यतिलक
5. भारतकेमहानयोगी- विश्वनाथमुखर्जी
6. तंत्रदर्शन - स्वामीनिरंजनानंदपरमहंस - पंचदशनामअलखबाड़ा, देवघर, बिहार
7. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasi Das, Delhi, 2013

BOOKS FOR REFERENCE:

1. Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanana M.: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishnak.: The Power of Yoga: Suyoga Publications Mangalore,2006
5. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M.P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S. N.: Hindu Mysticism, Motilal Banarasidass, Delhi1927
9. A Search in Mystic India - Paul Brunton

Name of the Course: Hath Yoga

Course Code: MY-CT-102

Course Objectives:

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

1. Understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

Total number of hours 60	Theory	Tutorial	Practical
Hrs / week	3	1	0
Scheme of Examination			
Total Marks 100			
Theory : 100		Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	30		

Unit-1: General Introduction to Hatha Yoga (12 hours)

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya&Apathya. Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.

Prescribed Text Book - हठयोगप्रदीपिका

Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yogasadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of aasanas in Hatha Yoga Pradipika and Gherand Samhita.

Prescribed Text Book - हठयोगप्रदीपिकाएवंघेरंडसंहिता

Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)

Pranayama : Introduction. Method of Proper Respiration, Yogic DeepBreathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and sub-prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in *Hatha Yoga Pradipika* and *Gherand Samhita*. Signs of *Hathasiddhi* (success in hathyoga). Bandha :introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in *Hatha Yoga Pradipika* and *Gherand Samhita* - their methods, benefits and precautions.

Unit-4: Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan (12 hours)

Pratyahara, Dharna and Dhyana in *Gherand Samhita*, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in *Hatha Yoga Pradipika*. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*). Concept of *Swara*, the importance of *Swarodaya Gyan* in *Yoga Sadhana* (with special reference to *Gyan Swarodaya* and *Shiva Swarodaya*).

Unit-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)

Introduction, Purpose and Importance of major texts of Hatha Yoga: *Siddha-SiddhanthaPaddhati*, *Goraksha Samhita*, *Shiva Samhita*, *Hatha Yoga Pradipika*, *Gherand Samhita*. *Hatha Ratnavali*: Main applications of hatha yogic activities- preparation of *Raja Yoga Practice*, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

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Prescribed text book

1. हठयोगप्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंडसंहिता - कैवल्यधाम, लोनावला
3. गोरक्षसंहिता - डॉ. चमनलालगौतम (1985)
4. प्राणायामरहस्य - स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

1. Woodroffe, Sir John: *The serpent power*, Ganesh & Company, Madras, 2000
2. Woods, J. H.: *The Yoga system of Patanjali*, M.L.B.D., Delhi, 1988
3. Swami Vivekananda: *Rajayoga*, Advaita Ashram, Calcutta, 2000
4. Burley, Mikel: *Hatha Yoga, Its' Context Theory and Practice* (M.L.B.D. Delhi, 2000)

5. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai

Name of the Course: Introduction To Shrimad Bhagavad Geeta and Samkhyakarika

Course Code: MY-CT-103

Course Objectives:

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

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.
- Get acquainted with the main teachings of Samkhyakarika.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT-1: Introduction to Srimad Bhagavad Geeta and JnanaYoga–Elaboration of Atman (Soul), Prakriti (Nature) and Parmataman (Supreme Soul)(15 hours):

Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age. In the Bhagavad Gita- Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form & characteristics of the *Soul* (Chapter-2), form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter-9, 13, 14).

Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):

Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna*, *YajnarthaKarma*, *Nishkam Karma* (Chapter-34), *Lok Sangraha* (Chapter-3), *Jnana-Karma Co-ordination* (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7, 8, 9, 11, 12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7, 12) Characteristics of Devotees (Chapter-12, Verse-13-20).

Unit-3: - Personality, Diet and Concept of Triguna (10 hours):

Role of diet in Yoga practice (Chapter-6), Introduction to Trigunas (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

Unit-4: Introduction to Samkhyakarika-1 (10 hours):

Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing *pramana*, concept of *Satkaryavad*, causes for unavailability of *Purusha* & *Pradhana*, discussing *Vyakta* & *Avyakta*.

Unit-5: Introduction to Samkhyakarika-II (10 hours):

According to Sankhyadarshan- the nature of *Gunas*, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

निर्धारितपाठ्यपुस्तक -

1. श्रीमद्भगवद्गीतागीतामृत- योगऋषिस्वामीरामदेवजी, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।

2. तत्त्वसमास

सहायकपाठ्यपुस्तक -

2. Shrimadbhagvadgeeta- Tattvavivechini-JaidayalGoyandaka, Geeta Press Gorakhpur.

BOOKS FOR REFERENCE:

Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. Doi: 10.2307/40085138

Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>

Name of the Course: Human Biology 1

Course Code: MY-CT-104

Course Objectives: The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce skeletal system, muscular system, respiratory system, cardio vascular system, lymphatic & immune system with their gross anatomy & physiology
- 2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems in evidence based way.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1

Skeletal System: Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

Unit - 2

Muscular System: Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Brief introduction, Yogic effect on Muscular System.

Unit - 3

Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.

Unit- 4

Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervations & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross

Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.

Unit- 5

Lymphatic system & immune system: Lymphoid organ- Bone marrow, thymus, spleen, lymph node; Composition & function of lymph; Immunity- types of immunity, innate immunity & acquired immunity; Antigen and antibody; Auto immunity.

BOOKS FOR REFERENCE:

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan Books

Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas

Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.

Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan. Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan.

Guyton, A. C. & Hall, J. E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.

Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics

Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. New York, NY: Bantam Dell.

Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan

Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan.

Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra

Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark @ Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati. Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-1 (14th ed.). Hoboken,

NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14th ed.).

Hoboken, NJ: Wiley.

Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasidas

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and
Illness (11th

ed.). London: Elsevier.

Khalsa, S., Cohen, L., Call, T. & Telles, S. (2016). The principle and practice of yoga in
health care.

Name of the Course: Advance English Communication 1**Course Code: MY-AEC-105****Course Objectives:**

Unit 1- To expose the students to the basic concepts in the field of ELT (English Language Teaching) and enhance their teaching abilities

Unit 2- To help the students to understand, explain and translate L2 from L1 in a more efficient manner

Unit 3-The students will learn how to teach in class, remove personal barriers and enhance confidence in a group setting and workplaces

Unit 4 -The students will learn how to correct mistakes and learn to give Positive Feedback and Criticism

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 50				
Theory :50			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
35	15			

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1:

- ELT in India
- Principles of Teaching English as a Foreign/Second Language
- Curriculum Preparation and Design
- Teaching Literature

Unit -2:

Grammar

- Translation Methods
- Direct Method
- Structural Approach
- Audio-lingual Method
- Situational Approach

Unit-3:

Communicative Language Teaching –

- Task Based Approach
- Suggestopedia

Unit-4:

Error Analysis and Correction - from L1 to L2

(L1- mother Tongue and L2 - English)

Text books:*English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy***Suggested Sources:**

Britishcouncil.org

Name of the Course: Yoga Practicum

Course Code: MY-CP-106

Course Objectives:

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

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatkarma: Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhati.
-15 marks

Asana - 25 marks

SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)

Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana, Swastikasana, Veerasana, Udarakarsansana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalbhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana.

Pranayama-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith

Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

Viva: Ishwar Stuti Prarthnopasana-10marks

Name of the Course: Human Biology Practicum

Course Code: MY-CP-107

Course Objectives:

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

- Be familiar with the systems of the body.
- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Unit-1: Demonstration of Osteology & Myology (15 Hrs.)

Unit-2: Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems (15Hrs.)

Unit- 3: Demonstration of Bones and Joints (15Hrs.)

Unit-4: Demonstration of Human Skeleton (15 Hrs.)

Semester-II

Name of the Course: Patanjali Yoga Darshan**Course Code: MY-CT-201****Course Objectives:**

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

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: - Introduction of Yogasutra and Samadhi Pada - 1 (20 hours):

Yoga Sutra :Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chittavrittis* and their types, *Chitta Vritti Nirodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayahava*, *Chitta Prasad* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

Unit-2: - Samadhi Pada-II and Sadhan Pada (20 hours): -

Ishwar: Swaroop, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha*, Measures of *Klesha* elimination, *Vivek Khyati*, *Chaturvyuhavaad*, the character of *Drishhta & Drishya*, , the form and types of samadhi - *samprajnata*, *asamprajnata*, *sabijand nirvij* samadhi. *RitambaraPragya* and *Adhyatma Prasad*.

Unit 3: - Vibhuti Pada - (10 hours)

Ashtanga Yoga - II (*Antaranga*Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama* - *Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing *Ashtasiddhi* .

Unit-4: - Kaivalya Pada (10 hours); -

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaanchitta. Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

Prescribed text book

योगदर्शनम्- स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार

दर्शनप्रवेश-दिव्यप्रकाशन,पतंजलियोगपीठ, हरिद्वार

सहायकपुस्तक -

भोजवृत्ति

योगदर्शनम्-गीताप्रेस

BOOKS FOR REFERENCE

BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Name of the Course: Indian Philosophy & Culture

Course Code: MY-CT-202

Course Objectives:

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

- Introduce Indian Philosophy and its main principles.
- Become familiar with the key features of Indian Philosophy.
- Inculcate the pious essence of Indian Philosophy.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: - Introduction to Indian Philosophy (8 hours):

Literal Meaning and Definition of Darshan /Philosophy, Role of Philosophy in Human Life, Key Features of Indian Philosophy, Bodies of Indian Philosophy: Vedic-Non-Vedic. The three main areas of philosophy - Jnana (Pramana) Mimamsa (epistemology), Tattva Mimamsa(Meta physics), Aachar Mimamsa (ethics).

(Prescribed text book - भारतीयदर्शन - आचार्यबलदेवउपाध्याय-Selected Text)

Unit-2: - Introduction to Vedic Philosophy (20 hours):

General introduction and theory (Meta Physics and Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan
3. Sankhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
6. Vedanta Darshan

(Prescribed Text Book - दर्शनप्रवेश -दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार)

Unit-3: - Introduction to Jain, Buddhist, Charvak philosophy (20 hours):

General Introduction and Principles (Meta Physics and Ethics)

1. Jain Darshan
2. Buddhist Darshan
3. Charvak Darshan

(Prescribed Text Book - सर्वदर्शनसंग्रह-माधवाचार्य)

Unit-4: - Introduction to Culture (12 hours):

Literal meaning and definition of Culture. Concept and importance of Culture. General introduction to the base scriptures of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita.

(Prescribed Text Book - वैदिकसाहित्यएवंसंस्कृति-डा0 कपिलदेवद्विवेदी)

Unit-5: - Salient features of Indian culture - (10 hours): -

Purushartha Chatushtaya, Ashram system, Varna system, Principle of Karma ,Sixteen rites, Pancha Mahayagya, Three Debts, Co-existence - Vishwabandhutva

(Prescribed text book - धर्मदर्शनसंस्कृति -डा.रूपकिशोरशास्त्री)

सहायकग्रन्थ-

1. दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
2. भारतीयसंस्कृतिकाइतिहास-डा) सत्यकेतुविद्यालंकार
3. वैदिकसाहित्यएवंसंस्कृति-कपिलदेवद्विवेदी
4. मनुउपदेश:विनोबाभावे
5. Teaching yourself philosophy Indian Philosophy-Dr.R.P. Sharma
6. An outline of Indian Philosophy-M. Hiriyanna

Course Name: Principal Upanishads

Course Code: MY-CT-203

Course Objective: To understand the essence of Principal Upanishads.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT 1: Introduction to Upanishads [15 hrs]

Meaning of Upanishad, Concept of Vedic Literature and Upanishads, Comparison between subject matters of Veda & Upanishads, Views of Renowned Scholars about Upanishads, Significance of Upanishads in Present Times.

UNIT 2: Essence of Ishavasyopanishad, Kena Upanishad: [15 hrs]

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

UNIT 3: Essence of Katha Upanishad, Prashna Upanishad, Mundaka Upanishad [15 hrs]

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The six main questions; Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti..

UNIT 4: Essence of Mandukya Upanishad, Aitareya Upanishad, Taittiriya Upanishad [15 hrs]

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara. Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhrigu Valli.

UNIT 5: Essence of Chhandogya Upanishad, Brihadaranyaka Upanishad [15 hrs]

Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

REFERENCE BOOKS:

Aurobindo, S. (2001). Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

Aurobindo, S. (2003). Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980

Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003

Name of the Course: Human Biology-II

Course Code: MY-CT-204

Course Objectives:

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

- Discuss gross anatomy and physiology of human- digestive, genitourinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
- Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of the human body in an evidence-based way.

Total number of hours 60	Theory	Tutorial	Practical
Hrs / week	3	1	0
Scheme of Examination			
Total Marks 100			
Theory : 100		Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	30		

Unit I Digestive System

Anatomy-Gross and Histological, Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effects of Yoga on digestive system.

Unit II Genitourinary System

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerulus, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Male reproductive system of human -Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Effect of Yoga on Genitourinary system.

Unit III Nervous System

Gross anatomy of NS; Structure, types and properties of neurons and nerves; Action potential-generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) - Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS-Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on NS.

UNIT IV

Glandular System: Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary, and Testes; Yogic effect on Endocrine System.

Unit V

Special Senses: Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose-Gross anatomy and physiology of smell; and Ear- Gross anatomy and Physiology of hearing and balance.

BOOKS FOR REFERENCE

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books TM

Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas

Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.

Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.

Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: SumitPrakashan.

Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.

Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics Kumar, V. (2004).

Manav SarirSamrachna aur sarir kriya vijyan. New Delhi, India: Japee BrothersMedical Publishers (P) Ltd.

Malshe, P. C. (2012). A Medical Understanding of Yoga (20^d ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. New York, NY: Bantam Dell.

Pandya, K.K. (1998). Human Anatomy. Varanasi, India: Krishnadas Academy.

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). PranayamRahasya. Haridwar, India: Divya Prakashan.

Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra

Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark

Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-I(14^{*} ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14th ed.). Hoboken, NJ: Wiley.

Udapa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasisdas

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London. Elsevier

Name of the Course: Fundamentals of Computer Applications

Course Code: MY-SEC-205

Course Objectives:

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

- 1) Understand the basic mechanism and functionality of computer & internet; &
- 2) To use computer efficiently for their educational & other purposes & needs.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 50				
Theory :50		Practical :0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

UNIT I- Introduction to Computer System

Introduction to Computer, Characteristics of Computer, Applications of Computer, Classification of Computer, Memory & Its Classification, Input devices, Output Devices, Interfaces. Types of Programming Languages: Machine Languages, Assembly Languages, High Level Languages, Data Organization: Drives, Files, Directories, Number Systems: Decimal, Binary, Octal, Hexadecimal, Number System Conversion, Operations on Number System.

UNIT II. Computer Software & Operating System

Introduction to Software, Types of Software, Program vs. Software, Introduction to Operating System, Function of Operating System, Types of Operating System

Unit-II Algorithm and Flowcharts

Algorithm: Definition, Characteristics, Advantages and disadvantages, Examples, Flowchart: Definition, Define symbols of flowchart, Advantages and disadvantages, Examples

UNIT III. Data Communication and Computer Network

Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media

UNIT I V. Internet and WWW

Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW): World Wide Web and Its Evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer, OSI Model

Reference Books:

1. Fundamental of Computers – By V. Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha
3. MS-Office 2000(For Windows) – By Steve Sagman
4. Computer Today- By Suresh Basandra
5. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

Name of the Course: Yoga Practicum

Course Code: MY-CP-206

Course Objectives:

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

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &
- 2) To demonstrate and instruct under mentioned yogic practices.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatkarma: -15 marks

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhati and all the practices described in MA 105.

Aasana: -20marks

Utkatasan, Paschimottan, Chakrasana,

Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana,

Hasta Padangushtha, Parvatasana, Akaranadhanurasan Bhunamansan Baddha Padmasana, Konasana, Ashtavakra, Vayatanasana,

Tulsan, Vyaghrasana, Gupta Padam, Garbhaasana, Tiryakbhujangasana, Sarpasana, Ardha Chandrasana, Parivritta Janushirasana, Sankat aasana

Pranayama: -10marks

Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, Aabhyantar Vritti and all practices of MA-105.

Mudra and Bandha - 10 marks

Shambhavi, Tadagi, Kaki Mudra and Mahabandha

Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.

Mantra & Meditation: - 10 marks

Devyajna Mantras- Meaning, Memorization & Recitation

Viva: - 5 marks

Name of the Course: Human Biology Practicum-II

Course Code: MY-CP-207

Course Objectives:

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

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

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Unit-1: Demonstration of organs and viscera, digestive and urinary system (15 Hrs.)

Unit-2: Demonstration of nerve cell, nerve/tract, brain and spinal cord [15Hrs.)

Unit-3: Demonstration of gross sites, structures of endocrine glands (15 Hrs.)

Unit-4: Demonstration of gross structures of human ear, eye and nose (15 Hrs.)

Semester-III

Name of the Course: Principles & Practice of Yoga Teaching

Course Code: MY-CT-301

Course Objectives:

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

- Understand the teaching techniques of yoga
- Understand and conduct class management and lesson planning
- Use educational tools of yoga teaching.
- Inculcate the concept & essence of yoga education .

Total number of hours 60	Theory	Tutorial	Practical
Hrs / week	3	1	0
Scheme of Examination			
Total Marks 100			
Theory : 100		Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	30		

Unit 1: Fundamentals of Education and Methods of Teaching Yoga (15Hours)

Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning, Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu, Qualities of a Yoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods

Unit 2: Basics of Yoga Class Management (10 hours)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized Teaching, Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.

Unit 3: Lesson Planning & Time Table in Yoga (10 hours)

Essentials of Lesson Planning: concept, need & importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga; Timetable : Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching

Unit 4: Planning & Organisation of Yoga Events (10 hours)

Basics of Event Management; Principles of Planning & Organisation of Yoga Events-Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference;

Unit5: Educational Technology in Yoga Teaching & Teaching Practice (15 hours)

Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Use of Educational Technology in Yoga; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

TEXTBOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.

BOOKS FOR REFERENCE

1. Dr. Gharote M. L.: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007.
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009.
3. Dr. Raj Kumar: Principles & methods of Teaching, Printographics, Delhi
4. Duggal, Satyapad: Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H. R. and Nagarathna R.: New Perspectives in Stress Management, V.K. Yogas, 1988.
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990 .
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi-110002
8. Gharote, M. L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr. R. Nagarathna & Dr. H. R. Nagendra: Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2019.

Name of the Course: Hygiene, Diet & Nutrition

Course Code: MY-CT-302

Course Objectives:

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

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.
- Know the benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: Basic concepts and components of food and nutrition (12 hours)

Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

Unit-2: Food groups (12 hours)

Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds-Selection, Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery. Selection, Preparation and Nutritive Value.

Unit-3: Food and metabolism (12 hours)

Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity, Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity:

Unit - IV: Yogic concept of diet & nutrition

(12 hours)

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.

Unit-V: Swasthavritta (12 hours)

Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar (Diet), Nidra (Sleep), Brahmacharya (Celibacy). Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Season wise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha): Season wise Does and Don'ts ; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease prevention and age reversal. Concept of Sadwrittaevam Achar Rasayana.

TEXT BOOKS

- आयुर्वेदसिद्धान्तरहस्य- आचार्यबालकृष्ण
- आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
- आयुर्वेदीयशरीरक्रियाविज्ञान- शिवकुमारगौड़
- स्वस्थवृत्त- डॉ० रामहर्षसिंह
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

Name of the Course: Research & Statistical Methods

Course Code: MY-CT-303

Course Objectives:

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

- State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, West, ANOVA, & Chi-square) regarding Research and Statistical Methods.
- Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT 1

(12 hours)

Scientific Research: Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga; Research Problem: Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem; Hypothesis: Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing; Sampling: Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection.

UNIT 2

(12 hours)

Variable: Concept, Types (Independent, Dependent, Extraneous, Intervening and moderating) and Practice for identification of variables in different research problems Research Design: Concept, Characteristics of Good research Design, Types: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed; Methods of Controlling Extraneous Variance: Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

UNIT 3**(12 hours)**

Statistics: Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph); Measures of Central Tendency: (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data; Measure of Dispersion: Concept and computation of Range, Quartiles and Standard Deviation.

UNIT 4**(12 hours)**

Normal Distribution: Concept, Proportions, and Applications of Normal Distribution; Simple Correlation: Concept and computation of correlation coefficient by product moment method, coefficient of Determination; Simple Regression: Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

UNIT 5**(12 hours)**

Hypothesis Testing: Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference; T - test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses); ANOVAs: Concept and Computation of one way ANOVA in unrelated design and related designs; Chi-Square Test: Concept and Computation in different cases; using SPSS for data analysis, T-test, Descriptive measures, ANOVA, Corelation& Regression.

BOOKS FOR REFERENCE

Bryman, A. (2008). Social Research Method (3rd ed.). Oxford: Oxford University Press.

Singh, A. K. (1986). Test, Measurement and Research Methods in Behavioral Sciences. New Delhi, India: Mc Graw Hill.

Kerlinger, F.N. (1978). Foundation of Behaviour Research. Delhi, India: Sur' Publications.

Singh, A. K. (2001). Research Methods in Psychology, Sociology and Education (4th ed). Delhi, India: Motilal Banarasidas,

Maylor, H. & Blackmon, K. (2005). Researching Business and Management. New York, NY: Palgrave Macmillan,

Garrett. H. E. (1988). Statistics in Psychology and Education. Bombay, India: Vikils, Feiffer & Semen's Ltd..

Suleman, M. (2005). Methods in Psychology, Sociology and Education (3rd ed). Patna, India: General Book Agency.

Kothari, C. R. (2011). Research Methodology: Methods and Techniques (2nd ed). New Delhi, India: New Age International private limited Publishers.

Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford: Oxford University Press.

Mohsin, S. M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient Longman.

Kumar, R. (2011). *Research Methodology* (2nd ed). Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

Breakwell, G. M., Hammon, S. Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd ed). London: Sage.

Haslam S. A., & Mc Garty. (2003). *Research methods and statistics in psychology* (3rd ed). London: Sage.

Name of the Course: Introduction to Ayurveda**Course Code: MY-DSE-304****Course Objectives:**

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

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit – 1 (10 hours)

Ayurveda: Origin, Meaning, Definition, Purpose, History and Principles of Diagnosis and Testing.

Unit-2 (20 hours)

Dosha: Meaning, definition, types, functions and results of deformity; *Dhatu*: Meaning, definition, types, and results of deformity;

Updhatu: Meaning, definition, types, functions and results of deformity; *Mala*: Meaning, definition, types, functions and results of deformity; *Srotas*: meaning, definition, type and functions; *Indriyas*: meaning, definition, types and functions;

Agni: meaning, definition, types and functions; *Prana*: meaning, definition, types, place and functions; *Prakriti*: meaning, definition, characteristics and its disorders; *Deha- prakriti*: meaning, definition, types and recognition; *Manas Prakriti*: meaning, definition, types and recognition.

Unit-III (10 hours)

General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain(carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).

Unit-IV (10 hours)

Panchakarma (Pre-Karma, Pradhan Karma and Post-Karma): Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use.

Unit-v (10 hours)

Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.)

BOOKS FOR REFERENCE:

आयुर्वेदसिद्धान्तरहस्य- आचार्यबालकृष्ण

आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण

आयुर्वेदीयशरीरक्रियाविज्ञान- शिवकुमारगौड़

स्वस्थवृत्त- डॉ0 रामहर्षसिंह

Basic Principles of Ayurveda- K. Lakshmi pati

Name of the Course: Yoga Psychology

Course Code: MY-DSE-305

Course Objectives:

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

- Become familiar with the relation between ancient yoga & modern psychology.
- Find out the key elements of psychology in Yogic texts.
- Incorporate the techniques of yoga & psychology together to cure mental problems.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1 Introduction to Psychology (12 hours)

Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant). States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etiology for somatic, mental, social and spiritual disharmony. Stress: Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

Unit-2 Yogic Insights on Psychological Concepts (12 hours)

Yogic and Psychological concept of Emotion. Causes of Emotions in the mind according to yoga texts ,Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

Unit-3 Intelligence and Mental Deficiency (12 hours)

Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence), Mental deficiency: meaning and its types, causes of mental deficiency and cure of mental deficiency through Yoga.

Unit-4 Common Mental Disorders [12 Hrs.]

Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Unit-5 Yogic counselling and Personality development (12 hours)

Counseling: skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

TEXTBOOKS

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I. P. Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

REFERENCE BOOKS

1. Taimini, I. K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973).
2. Aatreya, Shanti Parkash: Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965) Hecker, J.E. & Thorpe, G. L.: Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010.
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
4. Nagendra, H. R.: New Persecutes in Stress Management. Bangalore: V4ekanada Kendra.
5. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005.
6. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
7. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006.
8. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
9. Udupa, K. N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.
10. Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.
11. Daniel Goleman & Joel Gurin: Mind body medicine.
12. Deepak Chopra: Healing the heart.
13. Dharam Singh Khalsa: Meditation as medicine.
14. Deepak Chopra: Quantum healing.
15. Estelle Frankel: Sacred therapy.
16. Aggie Casey & Herbert Benson: Mind your heart.
17. Barbara B. Brown: New body, new mind.
18. Sri Ramakrishna Math: Healthy mind, healthy body.
19. Antonio Damasio: The feeling of what happens.
20. Daniel Goleman: Social intelligence Emotional intelligence.
21. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback.
22. David Frawley: Ayurveda and the mind.

Name of the Course : PERSONALITY DEVELOPMENT**Course Code : MY-GE-306****Course Objectives:**

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

- Understand the effective development of all dimensions of personality.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT-I Introduction to Personality Development [15 Hrs.]

The concept of personality - Dimensions of personality – Theories of Freud & Erickson- Significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis.

UNIT-II Attitude & Motivation [15 Hrs.]

Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude- Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude. Concept of motivation - Significance – Internal and external motives - Importance of self- motivation- Factors leading to de-motivation

UNIT-III Self-esteem [15 Hrs.]

Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem- Symptoms - Personality having low self-esteem - Positive and negative self-esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours – Lateral thinking.

UNIT-IV Other Aspects of Personality Development & Employability Quotient [15 Hrs.]

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills -Leadership and qualities of a successful leader – Character building -Team-work – Time management -Work ethics –Good manners and etiquette. Resume building- The art of participating in Group Discussion – Facing the Personal (HR & Technical), Interview - Frequently Asked Questions - Psychometric Analysis - Mock Interview Sessions.

Text Books:

1. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P. Robbins and Timothy A. Judge(2014), *Organizational Behavior 16th Edition*: Prentice Hall.

Reference Books:

1. Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw-Hill 1988.
2. Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002
3. Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003
4. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001
5. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004).
6. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
7. Smith, B . Body Language. Delhi: Rohan Book Company. 2004

Name of the Course : Glorious Chapters of Indian History 1
Course Code : MY-GE-307
Course Objectives:

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

- Know the glorious past of their ancestors.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit I: Saindhav and Gangetic Culture

(12 Lect.)

Harappa Civilization: Rise and development of urban civilization, economic, social, religious and cultural features, development of art, reason for change in the centre of culture. Gangetic Culture- Vedic period: Nature of Vedic literature; Political, Social, and Economic life in Rig-Veda and later Vedic period.

Unit II: Rise of Magadh Empire

(12 Lect.)

Political Condition in the sixth century B.C. (Mahajanapadas and Republics), Rise of Magadha Empire: **Haryaka dynasty**: Bimbisara and Ajatshatru, Shishunaga Vans, **Nanda Vans**: Mahapadma and Ghanananda, Great King Porus: War of Vitasta, Greek Invasion of Alexander and his decline.

Unit III: First Indian Empire.

(11 Lect.)

Mauryan Dynasty: Chandragupta Maurya: Early life and his Empire expansion, The destruction of the Nanda dynasty, Eradication of Yavans, Kautilya's Arthashastra, Bindusara, Asoka: Empire expansion, his edicts and Dharma, Decline of Mauryan Dynasty.

Unit IV: India's Cultural Diversity in Post Mauryan Period

(14 Lect.)

Development of Social, Economic, Religious Status, Restoration of Vedic Brahmin tradition, Origin and development of Gandhara Art and Mathura Art. Development of architecture: Nagara style, Bhatta style and Dravidian style, Development of Sangam Literature

Unit V: Gupta Dynasty: The Golden Period of Indian History.

(11 Lect.)

Gupta Dynasty: Chandragupta I, Samudragupta, Chandragupta II, Kumargupta and Skandgupta, Cultural Achievements of the Gupta Period. Development of Art, Literature and Religion. Development of Temple and Sculpture. Construction of temples related to Vaishnava tradition. Debate about Golden Age, Decline of the Gupta Empire

Text Book:

Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to the 12th Century, Delhi 2016.

Recommended Readings:

Sharma, L.P.: History of Ancient India,

Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.

Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.

Goyal, S. R., Magadh, Satawahan, Kushan Samraajyon ka Yug (Hindi), Jaipur

Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

Shastri, K. A. N., The Age of Nandas and Mauryas, Varanasi, 1967.

Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I–V (relevant chapters), Bombay, 1951-1957.

Jha D. N., Ancient India: In Historical Outline, 1997

Name of the Course : Wellness Tourism

Course Code : MY-GE-308

Course Objectives:

The course intent to upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country. Since health tourism constitute a niche market for the industry and the government as well, it becomes desirable for the students to get in touch with this new segment of tourism industry. After studying this course, the student shall be able to define the trends, issues and challenges in the field of health tourism in India.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1 Introduction to Tourism [12 hrs.]

Basic Meaning of word ‘Wellness’. Aims & objectives, Introduction to Tourism: Meaning, nature, scope & objectives, Relevance of Yoga in relation to Tourism.

Unit II Components Of Tourism [12 hrs.]

Tourism Types, Products & Concepts, Tourism Elements & Components, Peace & Wellness Tourism, Factors affecting Wellness Tourism.

UNIT III Wellness Tourism [12 hrs.]

Health and Medical Tourism: Meaning, nature and scope, Health and Medical tourism Product, Health and Medical Tourism markets at global level, Advantages and disadvantages for India in Global Medical Tourism Market.

UNIT IV Health and Medical Tourism [12 hrs.]

Health and Medical Tourism in India, Role of Private sector in health and medical tourism, Traditional Health Care system in India, Government incentives for health and medical tourism in India.

Unit V Health Tourism Centres[12 hrs.]

Health Tourism Centres in India: Health Tourism Resources in Haridwar & Rishikesh, Patanjali Health Tourism Institutions, Health & Medical Tourism in Kerala & Tamil Nadu.

Reference

1. Smith, Melanie, &Puczko, Laszlo, Health and Wellness Tourism.
2. Conell, John, Medical Tourism.
3. Kumar, Medical Tourism in India (Management and Promotion)
4. Edlin, Gordon &Golanty, Eric, Health and Wellness.

Name of the Course: Advance English Communication- 2

Course Code: MY-AEC-309

Course Objectives:

Unit 1- To help the students to develop their ability to read and understand English

Unit 2- To communicate easily with and enhance the ability to understand native speakers

Unit 3 -To demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend in English. Additionally, to provide the students with a forum for healthy discussions.

Unit 4 - To make them learn and practice standard English to withstand their global needs.

Unit 5 - To give time to the students to research and practice for different examinations they might want to appear for under provided guidance.

Total number of hours 60	Theory	Tutorial	Practical
Hrs / week	3	1	0
Scheme of Examination			
Total Marks 50			
Theory : 50		Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
35	15		

Unit 1 - Reading

- Identifying Main Ideas in Texts
- Types of Reading Methods
- Loud Reading for pronunciation and fluency
- Reading Comprehension
- Written Composition

Unit 2 - Listening

- Listening for specific information
- Podcasts
- YouTube
- Ted Talks
- Audio Stories
- Radio
- News Channels - BBC

Unit 3 - Speaking

- Conversations
- Debates
- Group Discussions
- Talks and Lectures
- Interview Skills
- Public Speaking Skills

Unit 4 - Writing

- Structured Writing
- Writing Styles
- Sentence Structures
- Concepts of Paragraph Writing

Unit 5 – Language Lab

Suggested Readings

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Mastering Communication at Work: How to Lead, Manage, and Influence, by Ethan F. Becker and Jon Wortmann, 2009
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009

Name of the Course: Yoga Practicum**Course Code: MY-CP-310****Course Objectives:**

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatkarma: -15 marks

Dand, Dhauti, Nauli, Trataka, VastraDhauti and all the exercises of the first & second semester.

Posture: -15 marks

Padma Sarvangasana, Mayurasana, Shirshasana, Ekpaadskandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasan, Padmabakasan, Ek Paad Rajakapotasana, Purna Ustrasana

Including all asanas of 1st and 2nd semesters.**Pranayama:** -10 marks

Bhramari, Bhastrika, Stambhavritti and all the practices of previous semesters.

Mudras and Bandhas: -5 marks*Khechari* Mudra, *Mahavedha* Mudra, *Maha* Mudra, *Maha Bandha* and all the practices of the former semesters**Teaching Practice:-15marks****Viva** - (Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation)-10 marks

Semester- IV

Name of the Course: Yoga Therapy**Course Code: MY-CT-401****Course Objectives:**

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

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- Request for assessment measures if necessary
 - a) to confirm the diagnosis,
 - b) to assess the present status of the disease, and
 - c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease

For each condition the following aspects will be covered:

Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexus and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

Unit-2: Musculo-Skeletal Disorders (12 hours)

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- 3: Gastro Intestinal and Excretory Disorders (12 hours)

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

Unit- 4: Cardio-Pulmonary Disorders(12 hours)

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema-Occupational pulmonary disease.

Unit-5: Neurological and Psychiatric Disorders (12 hours)

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; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized 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. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

1. ShivanandSaraswati: Yoga Therapy (Hindi & English)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MONIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami SatyanandaSaraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R:Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

Name of the Course: Naturopathy**Course Code: MY-CT-402****Course Objectives:**

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

- Understand the basic principles and streams of Naturopathy.
- Have knowledge of different techniques used in Naturopathy to cure general ailments.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: - Introduction to Naturopathy (10 hours):

Meaning, Definition, Purpose & Limitations of Naturopathy; History of Naturopathy - Western and Indian; Mahatma Gandhi's contribution to the promotion of Naturopathy; the difference between Naturopathy and Allopathic medicine, Need and importance of Naturopathy in the present age; Basic principles of Naturopathy. Measures to increase Vitality.

Unit-2: - Hydro (Water) therapy and Mud therapy (15 hours):

Water (Hydro) therapy - importance (including classical references), properties, principles, methods of using water as medicine and major medical applications. Mud (earth, soil) therapy - importance (including classical references), properties, principles, methods of soil application and major medical applications.

Unit-3: - Solar therapy, Air therapy (15 hours)

Fire element (Surya/ solar) therapy- Importance (including classical references), properties, methods of Surya therapy and major medical applications; Air therapy- Significance of air, Importance of air as prana (including classical references), Health benefits of pranayama, Applications of air therapy.

Unit-4 Fasting (Aakash Tattva) Medicine (10 Hours):

Akash Tattva (fasting) therapy: - Meaning, definition, purpose, principles and types of fasting. Classical and medical importance of fasting, and precautions. Scientific research on fasting. Abhyang (massage) - Meaning, definition, purpose, history, type (scientific and Ayurvedic), benefits, various methods, physiological effects, health enhancement and medical use, precautions.

Unit-5: - Nature Cure of various diseases (10 hours):

Management of major diseases by Naturopathy - Backache, Epilepsy, Insomnia, Ulcers, Obesity, Arthritis, Psoriasis, Asthma, Pneumonia, Hyper/Hypotension, Hyper/hypothyroidism, cold , impotence, diabetes, depression, anxiety, menstrual problems and migraine.

Prescribed text book

1. प्राकृतिकआर्युविज्ञान-डा0 राकेशजिन्दल,
2. प्राकृतिकचिकित्साएवंयोग- डा0 नागेन्द्रनीरज

HK Bakhru

Name of the Course: Complementary & Alternative Therapy (CAT)

Course Code: MY-CT-403

Course Objectives:

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT 1(12hours)

CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era-Yogrishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

UNIT 2 (12 hours)

Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

UNIT 3 (12 hours)

Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures,

UNIT 4 (12 hours)

Acupressure & Pranic Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity. Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

UNIT 5 (12 hours)

Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; **Panchgavya** (Indigenous Cow urine, dung, milk, curd, ghee) : Importance & uses in disease prevention & health promotion.

REFERENCES

- Acharya, B. (2004). Ausadh Darshan Haridwar, India: DivyaPrakashan.
- Acharya, B. (2005). Ayurveda Jadi-butlRahasya. Haridwar, India: DivyaPrakashan.
- Brahmabarchas. (2003). NidanChititsa. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21st ed.). China: Churchill Livingstone, Elsevier.
- Holford, P. & Bume, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
- Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
- Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pletorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5thed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan
- Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
- Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan

Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan

Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.

Sharma, S. (1998). JivemSaradmSatam. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: YugNirman Yojana Bistar Trust.

Name of the Course: Dissertation/Field Training

Course Code: MY-DSE-404/405

Course Objectives:

- Demonstrate the yoga practices specific to a particular ailment confidently.
- Gain more practical knowledge about the disease specific yoga techniques.

Total number of hours 120		Theory	Tutorial	Practical
Hrs / week				8
Scheme of Examination				
Total Marks 100				
Theory :		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		100		

An aptitude test will be conducted to select eligible candidates at the end of MA- 3rd Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and Computer Application and the candidate needs to secure 60% or above marks in the test conducted. The mode of question paper will be both objective and subjective. Candidates disqualified (securing marks below 60%) in the aforesaid test needs to go for Field Training as detailed under:

Instructions:

During field training students are expected to carry out the following tasks.

- Involve themselves during practical session.
- Understand how to take case history
- Gain the knowledge of recording the common parameters specific to disease.

Note: Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

Examination: Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course : Guidance & Counselling

Course Code : MY-GE-406

Course Objectives:

1. To develop an understanding of the concepts of guidance and counseling.
2. To develop an understanding of the types of guidance
3. To acquaint students with different testing devices and techniques of guidance.
4. To develop and understanding of the role of teacher as counselor.
5. To create an awareness of the working of guidance centers.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: Meaning & Nature of Guidance, Need of Guidance, Functions of Guidance, Types of Guidance: Educational Guidance - meaning, need and importance, Vocational Guidance - meaning, need and importance, Personal Guidance - meaning, need and importance.

Unit 2: Guidance Services: Job Analysis - concept, need, Job Satisfaction-concept, factors affecting job satisfaction, Occupational Information - concept, need; Guidance of the Differently-Abled Students- Gifted, Slow Learners, Learning Disabilities - Dyslexia, Dysgraphia, Dyscalculia – Identification, Mainstreaming and providing support services to Differently - Abled Students.

Unit 3:Counseling - meaning, purpose, scope; Types of Counseling - Directive, Non-directive, Eclectic, Process of Counseling: Introduction, In - depth, communication, suggestion; Skills in Counseling: listening, questioning, responding; Role of the Counselor, Professional Ethics of a Counselor.

Unit 4: Tools of Guidance and Counseling: Psychological tests - meaning, need, limitations: Testing - Intelligence, Aptitude, Attitude, Achievement, Interest, Personality.

Unit 5: Techniques of Guidance and Counseling: Interview - types, procedure, Case Study, Cumulative Record, Anecdotal Record, Diary, Questionnaire.

References:

Aggarwal J. C. (2004) Educational and Vocational Guidance and Counseling, 7th Edition, Doaba House; Delhi.

Aggarwal J.C. (2005) Career Information in Career Guidance - Theory and Practice, Doaba House, Delhi.

Chauhan S.S. Principles and Techniques of Guidance.

Dash M. (1997) Education of Exceptional Children, Atlantic publishers, New Delhi.

Dev Kapil (2006) Educational Counseling, Pragun Publications, New Delhi- 3.

Gibson Robert & Mitchell Marianne (2005) Introduction to Guidance and Counseling, 6th Edition, Prentice Hall of India, New Delhi.

Gladding Samuel (2011) Counseling - A Comprehensive Profession, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi

Kenkateish, S. (2001) Special Education, Anmol Publication Pvt. Ltd., New Delhi.

Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.

Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi

Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.

Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.

Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.

Sharma R.A. Fundamentals of Guidance and Counseling

Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delhi.

Name of the Course : Glorious Chapters of Indian History 2

Course Code : MY-GE-407

Course Objectives

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

- Know the glorious past of their ancestors.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit I: The Rajputs

(12 Lect.)

Harshvardhana: Political Achievements; Contribution to Religion Learning. Origin of Rajputs: Agnikundiya Theory, Traditional Theory, Rule of Pratiharas: Mihirbhoj; Paramars of Malwa: The conquests of Vakapati Munj and his conflict with the Chalukya king Tailap, Bhoja's conquests and his cultural achievement. Chandellas of Zezakbhukti :Dhang, Vidyadhar. History of Early Dynesty of Mewar.

Unit II: Great Kingdom in South India

(12 Lect.)

Cholas: Emergence and Early History: Rajaraj I- Restoration of the Chola Empire and Expansions of Empire, Rajendra, and Administration of Chola'S, Cultural Exchange between India and South-East Asia Idea of Greater India: Development of Indian Culture in South-East Asian Country- Java, Sumatra and Malaya. Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom.

Unit III: Indian Dynasties in Medieval India

(11 Lect.)

Empire in North India: Eastern India, Bengal, Assam and Orissa, Western India: Gujarat, Malwa, Mewar, Northwest and North India, Kashmir. The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, Balaji Bajirao, Third Battle of Panipat

Unit IV: Freedom struggle of India-I

(14 Lect.)

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905 Extremists and Monetarists, Birth of Nationalism, Partition of Bengal and Swadeshi Movement., Revolutionary Movement-Causes of its emergence and main activities in India. Ghadar Party- Formation and Activities. Hindustan Socialist Republican Association-Bhagat Singh and BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj

Unit – V: Freedom struggle of India-II

(11 Lect.)

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement, Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten's Plan & Partition; The Indian Independence Act of 1947.

Text Book:

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad aur Rashtravad, Delhi 2016.

Recommended Readings:

R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986

R.S. Tripathi: History of Kanauj to the Moslem Conquest. Motilal Banarsidass, 1989

Vishuddhananda Pathak: Uttari Bharat ka Rajanitik Itihas

Verma Harishchandra: Madhyakalin Bharat 2 Part

Ramkrishna Mukherji: The Rise and Fall of the East Indian Company

R.C. Mazumdar, H.C. Roychaudhuri & Kalinkar Datta: An Advanced History of India (In Hindi: Bharat ka Brihad Itihas)

G.S. Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)

A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki Samajik Pristabhoomi)

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad aur Rashtravad

G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)

S.C. Sarkar: The Bengal Renaissance (In Hindi: Bengal ka Navjagaran)

Name of the Course : Tourism Resources in India
Course Code : MY-GE-408
Course Objectives

- 1) To understand the tourism resources in India.
- 2) To understand the uniqueness of the tourist destination.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit – I Introduction:

Concept of resource, attraction & product in tourism, meaning & characteristics, Typology & nature of tourism resources. Nature & Scope to tourist places in India.

Unit- II Natural Resources:

Study of wild life Parks, Sanctuaries & Tiger Reserves in India with case studies of Raja Ji National Park, Jim Corbett, Bharatpur Bird Sanctuary, Valley of Flowers & Gir National Park, Kaziranga National Park.

Unit-III Pilgrimage Destinations:

Hindu- Char Dham Yatra, Haridwar, Khajuraho, Mahabalipuram, Tirupati, Madurai, Konark.

Buddhist: Lumbini, Bodhgaya, Sarnath, Kushinagar, Sanchi, Ajanta.

Jain: Mount Abu, Sharavanbelgola.

Islamic: Delhi, Agra, Fatehpur Sikri.

Sikh: Patna, Nanded, Golden Temple (Amritsar) Hemkund Sahib (Uttarakhand).

Unit- IV Socio-Cultural Resources:

Socio cultural resources - Important fairs and festivals with case studies of KumbhaMela, Dussehra, Vaishno Devi Yatra, Onam, Puri Rath Yatra&Chhath Pooja.

Unit - V: Hill Station & Coastal Destinations:

Hill Station: Study of Hill Station attractions and their environs with case studies of Mussoorie, Nainital, Shimla, Manali and Ooty.

Beaches: Beaches and Islands: Beaches in Goa, Kerala, Andaman & Nicobar Islands.

Text Books:

- Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Oki Morihiko, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
- Michel George, The Penguin guide to the monument of India, Penguin Book, 1990

Other References:

- Mitra, Devla, Buddhist Architecture, Calcutta.
- Tourists Resource of India- Ram Acharya.
- Himachal Pradesh, The Land, the people by S.S. Negi

Name of the Course: Yoga Practicum

Course Code: MY-CP-409

Course Objectives:

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

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &
- 2) To demonstrate and instruct under mentioned yogic practices.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 50				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

Shatakarma:Danddhauti,Vastrdhauti, Nauli, Trataka. -5 marks

Aasana: -15marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana,

Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana,

Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.

Pranayama – 10 marks

Udgeeth, Moorchha.

Dhyana & Viva: Vijnanamaya & Anandamaya Kosha - 20marks

Name of the Course: Naturopathy & Complementary & Alternative Therapy Practicum

Course Code: MY-CP-410

Course Objectives:

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

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 50				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

Naturopathy

Practical File

-5 marks

(The practical file will be prepared under guidance of faculty concerned.)

Forms of water therapy:

-10 marks

(Jalpaan, natural bath, simple and friction bath, Hip bath/katisnan, MehanSnan, steam bath, spine bath, hot foot bath, full body wet bandage, chest, abdomen, throat and limbs wet bandages/packs, sponges, Anima) 's methods, benefits, precautions, health enhancements and various uses and contra-indications for prevention of diseases.

Different methods of massage:

-5 marks

General, friction, slap, rub, shake, vibration, speaking, caressing, shaking, rhythm, muck, pinch etc. with their physiological effects.

Naturopathy for common diseases-

-5 marks

Backache, Epilepsy, Insomnia, Obesity Arthritis, Psoriasis, Asthma, Pneumonia, Hyper / Hypotension, Depression, Impotence, Diabetes, Depression, Anxiety, Ovarian cysts, Menstrual problems, Smoking & Alcoholism, Migraine ,

Viva

- 5 marks

CAT

Acupressure–5marks

Pranic Healing –5 marks

Acupressure and Pranic Healing Treatment methods of Health problems
described in MY-CT-403 -5 marks

Dietary Supplements & Herbal Remedies - 5 marks

Syllabus
of
Master of Yogic Art & Science (MSc Yoga)

Department of Yoga Science

University of Patanjali



Haridwar-249405, India

26th April 2022

Master of Yogic Art & Science (MSc Yoga)

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 individual over thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed on 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, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". 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 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 psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

I. Title of the Programme

The programme shall be called "**Master of Yogic Art & Science (MSc Yoga)**"

II. Eligibility Criteria: The applicant of this program must have completed B.Sc. Yoga.

III. Aim of the Programme

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

IV. Objectives of the programme

Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic lifestyle.

Treatment: To create professional therapists of high caliber who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

III. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total	
						Seasonal		SEE		
			L	T	P	Credit	CT	TA		
<u>1st Year</u>										
Semester – I										
1	MSY-CT-101	Insights into Indian Philosophy	3	1	0	4	20	10	70	100
2	MSY-CT-102	Applications of Hatha Yoga & Patanjali Yoga	3	1	0	4	20	10	70	100
3	MSY-CT-103	Biomechanics & Kinesiology	3	1	0	4	20	10	70	100
4	MSY-CT-104	Therapeutic Yoga	3	1	0	4	20	10	70	100
5	MSY-CT-105	Yoga & Strategic Management	3	1	0	4	20	10	70	100
6	MSY-CP-106	Yoga Therapy Practices-I	0	0	8	4	20	10	70	100
7	MSY-CP-107	Biomechanics & Kinesiology Practical	0	0	4	2	10	5	35	50
32 Hrs						26	TOTAL			650
Semester – II										
1	MSY-CT- 201	Applications of Yoga Vasistha & Bhagavad Gita	3	1	0	4	20	10	70	100
2	MSY- CT-202	Biological Effects of Yoga Practices	3	1	0	4	20	10	70	100
3	MSY- CT-203	Yoga, Dietetics & Nutrition	3	1	0	4	20	10	70	100
4	MSY- CT-204	Applied Yoga Psychology	3	1	0	4	20	10	70	100

5	MSY-CT-205	Research Methodol ogy Statistics	3	1	0	4	20	10	70	100
6	MSY-CP-206	Contemporary Yoga Techniques for self- management	0	0	8	4	20	10	70	100
7	MSY- CP-207	Applied Yoga Psychology Practical	0	0	4	2	10	5	35	50
36 Hrs						28		TOTAL		650

2nd Year

Option 1: Classical Stream

SCT – Specialised Courses Theory, SCP - Specialized Courses Practicals; EL –

Semester – III											
1	MSY-SCT-C-301	Principal Upanishads	3	1	0	4	20	10	70	100	
2	MSY-SCT-C-302	Yoga in World Religions	3	1	0	4	20	10	70	100	
3	MSY-ELT-C-303/ MSY-ELT-C-304 (Choose any 1)	Four Streams of Yoga/ Human Consciousness	3	1	0	4	20	10	70	100	
4	MSY-AECT-C-305	Advance English Communication 1	3	1	0	4	20	10	70	100	
5	MSY-FW—C-306	Field Training-I Yoga Teachings of Swami Ramdev	-	-	-	4	20	10	70	100	
6	MSY-PW-C-307	Project Work-I	0	0	-	4	-	-	-	100	
15+Hrs							20	TOTAL			600
Semester – IV											
1	MSY-SCT-C-401	Wellness Promoting Herbal Formulations of Patanjali Yogpeeth	3	0	0	4	20	10	70	100	
2	MSY-SCT-C-402	Samkhyakarika	3	0	0	4	20	10	70	100	
3	MSY-ELT-C-403 MSY-ELT-C-404 (Choose any 1)	Yoga Upanishads/ Brahmasutra & Vivek Chudamani	3	0	0	4	20	10	70	100	
4	MSY-AECT-C-405	Advance English Communication 2	3	0	0	4	20	10	70	100	
5	MSY-FW-C-406	Field Training- II Integrated Pathy of Patanjali Yogpeeth	0	-	-	4	20	10	70	100	
6	MSY-PW-C-407	Project Work 2- Dissertation	0	-	-	4	-	-	-	100	
15+ Hrs							20	TOTAL			600
Total number of Credits							88	Total marks			2500

Elective;AECT- Ability Enhancement Course Theory, DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

Option 2: Therapy Stream

II Year										
Semester - III										
1	MSY-SCT-T-301	Disease specific pathology-I	3	1	0	4	20	10	70	100
2	MSY-SCT-T-302	Evidence based yoga therapy-I	3	1	0	4	20	10	70	100
3	MSY-ELT-T-303 MSY-ELT-T-304	(Naturopathy) / Wellness Promoting Herbal Formulations of Patanjali Yogpeeth	3	1	0	4	20	10	70	100
4	MSY-SCP-T-305	Disease specific pathology, practical-I	-	-	4	2	10	05	35	50
5	MSY-SCP-T-306	Evidence based yoga therapy, practical-I	-	-	4	2	10	05	35	50
6	MSY-FW-T-307	Field training-I	-	-	8	4	20	10	70	100
7	MSY-PW-T-308	Project work-I	-	-	8	4	-	-	-	100
36Hrs						24	TOTAL			600
Semester- IV										
1	MSY-SCT-T-401	Disease specific pathology-II	3	1	0	4	20	10	70	100
2	MSY-SCT-T-402	Evidence based yoga therapy-II	3	1	0	4	20	10	70	100
3	MSY-SCT-T-403	(Complementary and Alternative Therapy)/	3	1	0	4	20	10	70	100
4	MSY-SCP-T-404	Disease specific pathology, practical-II	-	-	4	2	10	05	35	50
5	MSY-SCP-T-405	Evidence based yoga therapy practical-II	-	-	4	2	10	05	35	50
6	MSY-FW-T-406	Field training-II	-	-	8	4	20	10	70	100
7	MSY-PW-T-407	Project work-II	-	-	8	4	-	-	-	100
36Hrs						24	TOTAL			600
Total number of Credits						100				2500

SST – Specialized Courses Theory, SSP - Specialized Courses Practical EL – Elective; DSTE –Discipline specific theory elective, PW-Project work, FW-Field Work

L - Lecture, T-Tutorial, P-Practical (practice/field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

Semester 1

Name of the Course: Insight into Indian Philosophy**Code: MSY-CT -101****Course Objectives:**

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

1. Appreciate the insight in the six systems of Indian philosophy.
2. Explain the understanding of Yoga as a philosophy and inculcate the essence.
3. Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

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

UNIT 1: Nyaya and Vaisesika [15hrs]

Nature of physical world, concept of Individual soul, supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy; Means and objects of knowledge and salvation according to Nyaya and Vaisesika, Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

UNIT 2: Samkhya and Yoga [15hrs]

Theory of cause and effect; Prakriti and Purusha; Concept and Process of evolution and Liberation; Concept of Atman, Brahma, Maya, Universe, God; Three fold afflictions and means to overcome afflictions; Twenty five entities and means of knowledge according to Samkhya and; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakriti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

UNIT 3: Mimamsa (Purva and Uttara) [15hrs]

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimamsa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.

UNIT 4: Jain, Buddha and Carvaka Philosophy [15hrs]

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

RECOMMENDED BOOKS:

- Bhushan, N., & Garfield, J. L. (2015). *Indian Philosophy in English: From Renaissance to Independence*.
- Bhushan, N., & Garfield, J. L. (2017). *Minds Without Fear: Philosophy in the Indian Renaissance*. New York, NY: Oxford University Press.
- Bilimoria, P. (2015). *Nature in Indian Philosophy and Cultural Traditions. Sophia Studies in Cross-cultural Philosophy of Traditions and Cultures* (Vol. 12). New Delhi, India: Springer.
- Frauwallner, E. (1973). *History of Indian Philosophy, (Vol 2*. Varanasi, India: Motilal Banaridass Publishers.
- Gupta, B. (2012). *An Introduction to Indian Philosophy: Perspectives on Reality, Knowledge, and Freedom*. New York, NY: Routledge.
- Hiriyanna, M. (1994). *Outlines of Indian Philosophy*. Varanasi, India: Motilal Banaridass Publishers.
- I, B. S., Potter, K. H., Larson, G. J., Bhatlacharya, R. S., Philosophy, B., Karl, A. D. E., et al. (1995). *Encyclopedia of Indian Philosophies*.
- Mohanty, J. N. (2008). A History of Indian Philosophy. *A Companion to World Philosophies*, 24–48.
- Potter, K. H. (1987). *Encyclopedia of Indian Philosophies Vol IV*. Delhi, India: Motilal Banaridass Publishers.
- Press, O. U. (1928). *Indian Philosophy: A Very Short Introduction. Mind* (Vol. 37).
- Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A Source Book in Indian Philosophy*. New Jersey, NJ: Princeton University Press.
- Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256
- Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”*

Name of the Course: Applications of Hatha and Patanjali Yoga**Course Code: MSY-CT- 102****Course Objectives:**

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

1. Apply its value in education.
2. Apply its value practically for the management of stress.
3. Introduce its value and insights for persons with special need.

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

UNIT 1: Applications of Hatha Yoga in Stress Management & Personality Development [15 Hrs]

Holistic yogic approach for stress prevention and management: Shat kriyas (cleansing techniques), asanas (postures), bandha and mudras (locks and gestures), pranayama (breath regulation), dharana (concentration), dhyana (meditation).

Physical level: slim body, beauty, glow on face, healthy digestive fire and disease free state through yogic diet, shat kriyas (purifications of internal organs/ detoxification), asanas (for strength and stamina).

Prana level: Purification of nadis and mastery over prana through mudras, bandhas and pranayama.

Mental level: personal and social discipline through yamas (don'ts) and niyama (do's), cultivation of four fold abilities (grasping, concentration, memory and intellectual capacity) through pratyahara, dharana, dhyana, and samadhi);

Emotional level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of *yjuyate anena it yogah* (yoga is that which unites the individual consciousness with universal consciousness).

Spiritual health: Joy, bliss and equanimity under all circumstances through Practice of higher states of Meditation (Super consciousness states).

UNIT 2: Application of Patanjali yoga in Stress Management [15 Hrs]

Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Culturing the life through Yama and Niyama;

Pratyahara for abstinence from sensual cravings; Applications of Hatha Yoga in personality development: Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet, Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina);

Prana level: Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama

Mental level: Personal and Social Discipline through five Yamas(don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

Emotional level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrender to the supreme); social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness);

Spiritual health: joy, bliss and equanimity under all circumstances through practice of advanced Meditation, Prayer, Selfless Service and Nad.

UNIT 3: Application of Hatha Yoga and Patanjali Yoga in Sports [15 Hrs] Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through asanas, diet and kriyas; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training);

Vital Level: Pranayama (for Lung capacity);

Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques;

Cognitive abilities– Focus, creative skills and thinking; Willpower, Creativity;

Spiritual Level: concept of using sports for spiritual growth through intensified awareness.

UNIT 4: Application of Hatha Yoga and Patanjali Yoga for Rehabilitation of Children with Special Needs [15 Hrs]

Assessment of cognitive, emotional, physical needs of normal and special children. Specific modules of integrated yoga for children with down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability, Impaired vision & hearing, speech disorders, unhealthy behaviours, integrated yogic prescription to increase cognitive and motor skills in normal children, yoga practices for improving strength, Endurance, speed, agility, flexibility, and self-confidence.

TEXT BOOKS:

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan
 Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.
 Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan. Sahay G.S. :HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013 Iyengar B.K.S. : Light on the Yoga Sutras of Patanjali, Published Thorsons,2002

REFERENCE BOOKS:

- Ghrote, M. L., Devnath, P. (2003). *Hatharatnavali Gharote*, Motilal Banarsidass.
- Gharote, M. M., Jha, V. K., Devnath, P., *Therapeutic references in traditional yoga texts*. Lonavla Yoga Institute (India).
- Iyengar, B. K. S. (1982). *Light on Yoga. Yoga Dipika*. Institute, Lonavla.
- Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.
- Iyengar, B. K. S. (2005). *The Illustrated Light on Yoga* (10th ed.). New Delhi: HarperCollins Publishers India.
- Long, R. (2008). *The Key Muscles of Hatha Yoga*.
- Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (3rd ed.). Munger, India: Yoga Publications Trust.
- Rieker, H.-U. (1992). *Hatha Yoga Pradipika*. Detroit, MI: The Aquarian Press.
- Rukmani, T. S. (2020). *Yogavarttika of Vijnanabhiksu Exotic India Art*. MUNSHIRAM MANOHARLAL PUBLISHERS
- Saraswati, S. S. (1995). *Asana, Pranayama, Mudra and Bandha*. Munger, India: Bihar School of Yoga.
- Saraswati, S. S. (2001). *Kundalini Tantra*. Munger, India: Yoga Publications Trust.
- Saraswati, S. S. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Bihar School of Yoga*. Munger, India: Yoga Publications Trust
- Brahmānanda., Maheshananda Swami., & Sharma, B. R. (2012). *A Critical Edition of Jyotsnā: (Brahmānanda's Commentary on Haṭhapradīpikā)* (12th ed.). Kaivalyadhama Samiti Lonavla.
- Patañjali., Woods, J. H., Vyāsa., & Vācaspatimiśra, active 976-1000. (2009). *The yoga-system of Patañjali: Sanskrit text with English translation and commentary "Yoga-bhāṣhya" of Veda-Vyāsa and "Tattva-vāiśārādī" of Vācaspatimiśra*. Bharatiya Kala Prakashan.

Name of the Course: Biomechanics and Kinesiology

Course Code: MSY-CT-103

Course Objectives:

The biomechanics course objectives are

1. Helping learners to realize biomechanics importance to yogapractice;
2. To learn general biomechanics concepts and principles that influence human movement;
3. Illustrate the use of these general biomechanics concept in the professional skill for the diagnosis of the movement during yogapractices.

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

UNIT 1: Biomechanics of Hip and Spine [15 Hrs]

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & Patho-mechanics of muscle activity at the hip & analysis of the force on the Hip during various Yoga postures; Biomechanics of spine; Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the force on the cervical spine during activity, Structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spine during Yoga posture & structure & function of the bones & joints of the lumbar spine. Mechanics of the lumbar musculature, analysis of the force on the lumbar spine during Yoga postures. Structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

UNIT 2: Biomechanics of Shoulder, Elbow and Wrist [15 Hrs]

Biomechanics of shoulder; Structure & function of the bones & joints of the Shoulder complex, mechanics & Patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow; Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the force on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the Wrist & hand mechanics of the muscle activity in the wrist & hand, analysis of the force on the wrist during activity, mechanics of the special connective tissue in the hand.

UNIT 3: Kinesiology [15 Hrs]

Loads and Motion in the Musculoskeletal System: Jumping, walking, running, gait analysis, Linear and angular kinematics and kinetics of human movement, Human movement in a fluid medium, Kinematics and kinetic Concepts for Analysis Human Motion, Biomechanics measurement and analysis methods body segment parameters/segment inertia properties.

UNIT 4: Muscle Biomechanics [15 HRS]

Movement patterns – the essence of sports biomechanics, Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas, various Asanas and its health impact.

TEXT BOOKS:

Knudson, D.: *Fundamentals of biomechanics*. New York, NY: Springer, 2007

REFERENCE BOOKS:

Cael, C. (2010). *Functional Anatomy: Musculoskeletal anatomy, kinesiology and palpation for manual therapists*. (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Clay, J.H., & Pounds, D.M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014-0147.Hoon

Jelvéus, A., & Oddsson, K. (2011). *Integrated Sports Massage Therapy: A Comprehensive Handbook*. London, Great Britain: Elsevier Churchill Livingstone. doi:10.1016/B978-0-443-10126-7.00001-0

Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga anatomy*. U.S.A: Human Kinetics.

Simon Borg-Olivier, & Machliss, B. (2011). *Applied anatomy & physiology of yoga*.

Werner, R. (2013). *A Massage Therapist's Guide to Pathology* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Name of the Course: Therapeutic Yoga**Course Code: MSY-CT-104****Course Objectives:**

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

1. To understand the concept of body and health from the perspective of yoga.
2. To have an understanding of the Yogic concept of Disease and the remedial measures therein

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

UNIT 1: Yogic Concepts of Health, Stress and Disease [15 Hrs.]

Concept of Health According to WHO and Indian Systems of Medicines i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine; Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease:, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yogavasishtha); Role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Kleshas, Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhrantidarsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha, Daurmanasya, Angamejayatva and Svasa-prashvasavichhepa.

UNIT 2: Preventive Healthcare According to Yoga [15 Hrs.]

Concepts of trigunas, pancha-mahabhutas, pancha koshas, pancha-prana, nadis, chakras, and their role in health and healing. Shuddhi prakriyas in yoga: role of shuddhi prakriyas in preventive and curative health, karma shuddhi (yama, niyama), ghata shuddhi (shatkarma), snayu shuddhi (asana), prana shuddhi (pranayama), indriya and mano shuddhi (pratyahara), mana, buddhi, ahankara and chitta shuddhi (dharana, dhyana and samadhi).

UNIT 3: Yoga for Prevention of Health [15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind, body and spirit; Pranayama; Definition of Mental Health, Mental Hygiene & Total Health; Psycho-Social Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas.

UNIT 4: Evidenced Psycho-Physiological Effects of Yoga [15 Hrs.]

Literature on therapeutic benefits of yoga in health and diseases: cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmic, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health through asanas, kriyas, mudras, bandhas, pranayamas, and meditation techniques.

TEXT BOOKS:

- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan BooksTM
- Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

REFERENCE BOOKS:

- Acharya, S. S. (2011). *Diagnose, Cure and Empower Yourself by Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust.
- Acharya, S. S. (2012). *The Astonishing Power of Biophysical & Subtle Energies of The Human Body*. Haridwar, India: Shri Vedmata Gayatri Trust.
- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas
- Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.
- Horovitz, E. G., & Elgelid, S. (2015). *Yoga Therapy: Theory and Practice*. (E. G. Horovitz & S. Elgelid, Eds.). New York, NY: Routledge.
- Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2nd ed.). Haridwar, India: Antar Prakash Center for Yoga.
- McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
- Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.
- Muktibodhananda, S. (2004). *Swara Yoga: The Tantric Science of Brain Breathing*. Munger, India: Yoga Publications Trust.
- Muktibodhananda, S. (2006). *Hatha Yoga Pradipika* (3rd ed.). Munger, India: Yoga Publications Trust.
- Nagendra, H. R. (2014). *New Perspectives in Stress Management by H.R. Nagendra*. Swami Vivekananda Yoga Prakashana.
- Nagarathna, R., & Nagendra, H. (2008). *Integrated approach for Yoga therapy for positive health*. Swami Vivekananda Yoga.
- Pradhan, B. (2015). *Yoga and Mindfulness Based Cognitive Therapy*. New York: Springer. <https://doi.org/DOI 10.1007/978-3-319-09105-1>
- Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra
- Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark
- Segal, I. (2010). *The Secret Language of Your Body: The Essential Guide to Health and Wellness*. New York, NY: Atria Books/Beyond Words.
- Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati

Taylor, M. J. (2004). *Complementary Therapies in Rehabilitation*. In C. M. Davis (Ed.) (2nd ed.). Thorofare, NJ: SLACK Incorporated

Udapa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

Name of the Course: Yoga and Strategic Management**Course Code: MSY-CT-105****Course Objectives:**

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

1. To appreciate the complexities of managing a formal organization.
2. To help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation.
3. The meaning and need for strategic management.
4. Understand and conceptualize the Indian ethos and need for holistic globalization
5. Conceptualize the need for Indian models and significance.
6. Understand the need for corporate responsibility.

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

UNIT 1: Basic Concepts in Strategic Management [15 Hrs]

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

UNIT 2: Yogic Vision, Mission [10 Hrs]

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

UNIT 3: Internal and External Assessment, And Business Strategies [20 Hrs]

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

UNIT 4: Yogic Approach to Strategic Management [15 Hrs]

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purushartha through a holistic approach and Evolution of the SELF.

TEXT BOOK:

David, F. R. (2011). *Strategic management : concepts and cases*. Prentice Hall.

REFERENCE BOOKS:

Puri, S. A. (2014). *The Color Of The Rainbow : Puri, Swami Amritaswarupananda, Amma, Devi, Sri Mata Amritanandamayi*. M.A. Center.

Hartman, L. (2010). *Perspectives In Business Ethics (Sie)* . Tata McGraw Hill Education.

Robinson, J. R. . (2006). *Strategic Management: Formulation, Implementation And Control* . Tata McGraw Hill Education.

Pearce, J., Robinson, R., & Mital, A. (2017). *Strategic Management: Formulation, Implementation and Control: (12th ed.)*. McGraw Hill Education.

Worth, M. J. (2018). *Nonprofit management : principles and practice (5th ed.)*. CQ Press.

Saraswati, N. (2012). *Dharana Darshan*. Bihar School of Yoga.

Anokhin, S. (2006). Empirical Essays on Corporate Innovation: Untangling the Effects of Corporate Venture Capital, 145.

Name of the Course: Yoga Therapy Practices-
ICourse Code: MSY-CP-106

Course Objectives:

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

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

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

UNIT 1: Shatkarmas

Dhauti (Kunjala), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhprakhshana Neti (Sutra and Jala), Kapalabhati, Agnisara, Nauli

UNIT 2: Suryanamaskar

Yogic Jogging, 12 Health promoting postures as recommended by Swami Ramdev, Suryanamaskar practice classically and in varied forms for prevention and therapy.

UNIT 3: Asanas (Yogic Postures)

Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardha chakrasana, Trikonasana, kati chakrasana, Parivrittrikonasana, Parsvakonasana, Veersana,

Sitting Postures

Paschimottasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akarna dhanurasana, gumukhasana, Chakki asana.

Prone Postures

Bhujangasana, sarpasana, nauka asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

Supine Postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

Balancing Postures

Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

UNIT 4: Pranayama

Breath awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhata, Anulom-vilom, Nadisodhan, Bahya, Ujjayi, Bhramari, Udgeeth, Ujjai, Sitali, Sitkari, Suryabhedhi.

TEXT BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

REFERENCE BOOKS:

Iyengar, B. K. S. (1992). *Light on Pranayama: Pranayama Dipika*. Aquarian/Thorsons.

Saraswati, S. S. (1997). *Asana pranayama mudra bandha*. Bihar Yoga Bharati.

Name of the Course: Biomechanics and Kinesiology Practical**Course Code: MSY-CP-107****Course Objectives:**

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

1. Understand the principle of biomechanics and its importance during the practice of Yoga.
2. Guide the practitioners based on the alignment principles.
3. Demonstrate yogic practice having biomechanics principles in mind.

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

UNIT 1:

Locating muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

UNIT 2:

Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.

UNIT 3:

Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.

UNIT 4:

Demonstration of yogic practices under the supervision of the teaching faculty.

TEXT BOOK:

Bowditch, B. (2015). *The Yoga Technique Guide - Principles of Alignment and Sequencing*. Third Eye Press.

REFERENCE BOOKS:

Paley, D. (2002). *Principles of deformity correction*. Springer.

Semester-2

Name of the Course: Application of Yoga in Bhagavadgita and Yoga Vasistha**Course Code: MSY-CT-201****Course Objectives:**

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

1. To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavad Gita and Yoga vasistha

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

UNIT 1: Application of Bhagavad Gita – 1**a. Applications in stressmanagement**

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stithaprajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; detachment to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

b. Applications in Personalitydevelopment

Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

UNIT 2: Applications of Bhagavad Gita - 2**c. Applications for Sportspersonnel**

Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self-control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgita to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

UNIT 3: Application of Yoga Vasistha - 1

a. Applications in stressManagement:

Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH
YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for
Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain
from Eating of unwholesome food; Living in unhealthy places; Doing things at
unseasonable hours; Association with the wicked; Longing after improper things; Evil
desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

UNIT 4: Applications of Yoga Vasistha – 2

b. Applications in Personalitydevelopment:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control
through abhyasa (practice) and vairagya (dispassion). Self-discipline and self-control, by
withdrawing our senses from the sense objects; overcoming desires through
detachments from the sense objects, living in solitude, free from possessiveness and by
fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the
power of discrimination.

TEXT BOOKS:

Ramdev, S. (2012). *Srimadbhagvad Gita*. Haridwar, India: Divya Prakashan.

Saraswati, N. (2012). *Dharana Darshan*. Bihar School of Yoga.

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy*:

REFERENCE BOOKS:

Bhawuk, D. P. S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-
Gita*. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). *The Bhagavad Gita*. New Jersey: Princeton University Press.
doi:10.2307/40085138

Easwaran, E. (2011). *Essence of the Bhagavad Gita: A Contemporary Guide to Yoga,
Meditation & Indian Philosophy*. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). *Bhagavad Gita*. Rishikesh, India: The Divine Life Society.

Swami Ranganathananda: *Message of Upanishads*, Bharatiya Vidya Bhavan, Bombay, 1985

Saraswati, N. (2012). *Dharana Darshan*. Bihar School of Yoga.

Name of the Course: Biological Effects of Yoga Practices**Course Code: MSY-CT-202****Course Objectives:**

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

1. To have an in depth understanding of biological changes following the practice of yoga
2. To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
3. To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
4. To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

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

UNIT 1: The concept of Homeostasis [15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana-Types and Categories; Musculoskeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

UNIT 2: Pranayama [15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation-perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

UNIT 3: Kriyas [15 Hrs.]

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the active action of vagus nerve, effect of Kriya on gastric mucosa and digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

UNIT 4: Mudras Bandhas [15 Hrs.]

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

TEXT BOOKS:

Coulter, H. D. Herbert D. (2001). *Anatomy of Hatha Yoga: a manual for students, teachers, and practitioners*. Body and Breath.

Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra

Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan BooksTM

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

REFERENCE BOOKS:

Ellis, H. (2006). *Clinical anatomy: a revision and applied anatomy for clinical students*. Blackwell Pub.

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas Essentials of Pathophysiology: *Concepts of Altered Health States* Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India:

KanchanPrakashan.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.

Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati

Simon Borg Olivier and Bianca Machiss; *Applied Anatomy and Physiology of Yoga*; 3rd edition, 2007.

Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

Name of the Course: Yoga, dietetics and Nutrition Course**Code: MSY-CT-203****Course Objectives:**

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

1. Understand the concept of diet and the medical value of nutrition
2. Advise appropriate diet to different age groups
3. Benefits and caloric value of various food groups

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

UNIT 1: Basic Concepts and Components of Food and Nutrition [15 Hrs.] Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients – Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body

UNIT 2: Food groups [15 Hrs.]

Cereals & Millets – Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value

UNIT 3: Food and metabolism [15 Hrs.]

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement- BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

UNIT 4: Yogic Concept of Diet & Nutrition [15 Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta- Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in

Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution
(Prakriti) – Vata, Pitta and Kapha. Ahar Yogi Drvaya, Swabhatha Hitkar and Ahitkar Dravya.

TEXT BOOK:

Balkrishna, A. (2013). Bhojan Katuhlam. Haridwar, India: Divya PrakashanBooksTM
Balkrishna, A. (2013). Sushain Nighantu. Haridwar, India: Divya PrakashanBooksTM
Balkrishna, A. (2013). Ajirnaamrit Manjari. Haridwar, India: Divya PrakashanBooksTM
Balkrishna, A. (2014). Siddhasar Samhita. Haridwar, India: Divya PrakashanBooksTM
Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan. Ramesh Bijlani :
Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

Sharma, P. (2007). *Charaka Samhita Vol I. Chaukhambha Sanskrit Pratishthan.* Varanasi, India: Chaukhambha Orientalia.

Sharma, P. V. (1998). *Charaka Samhita Vol II* (4th ed.). Varanasi, India: Chaukhambha Orientalia.

REFERENCE BOOKS:

Amr, M., El-Mogy, A., Shams, T., Vieira, K., & Lakhan, S. E. (2014). *Clinical Nutrition Clinical: The Interface Between Metabolism, Diet, and Disease.* In L. Coles (Ed.), . Oakville, ON: Apple Academic Press.

Bendich, A., & Fasn, F. (2016). *Mediterranean Diet: Dietary Guidelines and Impact on Health and Disease.* (D. F. Romagnolo & O. I. Editors, Eds.). Tucson, AZ: Humana Press.

Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). Boston, MA: CENGAGE Learning.

Goldberg, G., British Nutrition Foundation., & Wiley InterScience (Online service). (2003). *Plants: diet and health: the report of a British Nutrition Foundation Task Force.*

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). Philadelphia, PA: F. A. Davis Company.

Mailer, G. A., & Hale, N. E. (2018). *Decolonizing the Diet Nutrition, Immunity and the Warning from Early America.* London, UK: Anthem Press.

Randolph Stone :*A Purifying Diet*, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
Saraswati, N. (2012). *Dharana Darshan*, Bihar School of Yoga.

Stanfield, P. S., & Hui, Y. H. (2010). *Nutrition and Diet therapy: Self-Instructional Approaches.* Sudbury, MA: Jones and Bartlett Publishers.

World Health Organisation/ World Economic Forum. (2008). Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity WHO/World Economic Forum Report of a Joint Event. *World Health Organisation/ World Economic Forum*, 52.

Name of the Course: Applied Yoga Psychology**Course Code: MSY-CT-204****Course Objectives:**

1. To develop a general understanding towards abnormal behavior and disease process through various models of healthpsychology
2. To understand causes of pathological behavior and psych-diagnosticassessment.
3. To develop skill for diagnosis and classification of mentaldisorders.

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

UNIT 1: Introduction to Models of Psychopathology [15 Hrs.]

Models of Abnormality: Psychoanalytic, behavioral, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioral disorders.

UNIT 2: Case History Taking and Mental Status Examination [15 Hrs.] Psycho-diagnosis of major Mental Disorders of the Adults, Stress, Depression, Anxiety Disorders, OCD, Schizophrenia, Psychosomatic Disorders: Insomnia, Migraines, Chronic Fatigue Syndrome, Tension Headache, Erectile Dysfunction, and Substance abuse: Alcohol, Tobacco, Heroin, Marijuana.

UNIT 3: Mental Disorders of Children and Their Treatment [15 Hrs.] Mental Retardation, Learning Disability, Attention Deficit Hyperactive Disorders, Autism, Fears and Phobias, Conduct disorders: Bullying, Physical Aggression, Emotionally or physically abusive behaviours (such as wielding a deadly weapon or forcing sex), Truancy from home or school

UNIT 4: Yogic Counselling [15 Hrs.]

Counselling: Concept, nature, approaches, and challenges; Psychological & yogic methods for managing conflict and frustration; Yogic ways for improving adjustment, Yogic cognitive Behavioral therapy, Psycho-physiological effects and health benefits of Shatkarma; Pranayama, Bandha, Mudra, Concentration and Meditation.

TEXT BOOKS:

Saraswati, S. A. (1983). *Manovigyan and Shiva Samkalpa*. Rohtak, India: HaryanaAryasamj Sahitya Prakshan.

Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) *The Clinical Psychology Handbook* Pergamon. New York

REFERENCE BOOKS:

Baxter, R., Hastings, N., Law, A., & Glass, E. J. (2008). *Handbook of Integrative Clinical Psychology, Psychiatry, and Behavioral Medicine. Animal Genetics* (Vol. 39). New York: Springer Publishing Company.

Cortright, B. (2007). *Integral psychology: yoga, growth, and opening the heart. SUNY series in transpersonal and humanistic psychology.*

Gothe, N. P., Keswani, R. K., & McAuley, E. (2016). Yoga practice improves executive function by attenuating stress levels. *Biological Psychology*, 121, 109–116.

Jung, C. G. (1999). *The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932.* New Jersey, NJ: Princeton University Press.

Jung, C. G. (2008). *C.G. Jung Psychology and the Occult.* Abingdon, Oxon: Routledge.

Levine, M. (2008). *The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger. (2nd ed.).* Mahwah, NJ: Lawrence Erlbaum Associates, Inc., Publishers.

Petzold, M. (1989). The heritage of India: Yoga psychology in East and West. *Psychologia: An International Journal of Psychology in the Orient*, 32(4), 275–280.

Rao, K. R. (2017). *Foundations of yoga psychology. Foundations of Yoga Psychology.* Singapore: Springer.

Saraswati, S. N. (2001). Yoga and personality. *Journal of Projective Psychology & Mental Health*, 8(1), 19–22.

Sweet, J. J. , Rozensky, A. & Tovian, S. M. (1991) *Handbook of Clinical Psychology in Clinical Practice.* New York: Plenum.

Walker, C. E. (2001) *Handbook of Child Clinical Psychology.* New York: John Wiley & Sons.

Name of the Course: Research Methodology and Statistics**Course Code: MSY-CT-205****Course Objectives:**

Following the completion of the course students will:

1. Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higherresearch.
2. Acquire basic understanding of Research methodology and knowledge of various statisticalprocedures
3. Have knowledge on tools employed to conduct research, ability to address the contemporary problems in scientificway.

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

UNIT 1: Research Methodology Concepts -I [15Hrs]

Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital sources: PubMed, Springer, Wiley, Cochrane; Presentation of Literature Review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archives.

UNIT 2: Research Methodology Concepts –II [15Hrs]

Sampling methods – Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases Randomization, Matching, Crossover design, Restriction (or blocking); Stratification, converting into factorial design, ANOVA; Types of variables – Independent, dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminate Validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias.

UNIT 3: Statistical Concepts - I [15Hrs]

Descriptive statistics, Inferential statistics, Hypothesis, null hypothesis, Statistic and Parameter, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem.

UNIT 4: Statistical Concepts - II [15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for Various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric Tests.

TEXT BOOK:

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

REFERENCE BOOKS:

Breakwell, G.M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology (3rd ed.)* London: Sage.

Bryman, A. (2008). *Social Research Method (3rd ed.)*. Oxford: Oxford University Press.

Garrett, H.E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.

Garrett, H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd..

Guilford, J. P. & Fruchter, B. (1988). *Fundamental Statistics in Psychology and Education*. New Delhi, India: McGraw Hill. Unit-I

Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.

Gupta, S. P. (2004). *Statistical Methods (3rd ed.)*. New Delhi, India: Sultan Chand & Sons.

Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.

Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.

Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Surjeet Publications.

Kothari, C. R. (2011). *Research Methodology: Methods and Techniques (2nd ed.)*. New Delhi, India: New Age International Private Limited Publishers.

Kumar, R. (2011). *Research Methodology (2nd ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licensee of Pearson Education in South Asia.

Lloyd, D. F. & Gerald, V. B. (1993). *Biostatistics: A Methodology for the Health Science*. John Wiley & sons. Inc. Longman.

Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan.

- Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3rd ed.)*. New York: John Willey.
- Mohsin, S.M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient
- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioural Sciences*. New Delhi, India: Mc Graw Hill.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education (4th ed.)*. Delhi, India: Motilal Banarasidas.
- Singh, A.K. (2004) *Monovigyan, samajshastra tatha shikshameinshodh vidhiyan*.
- Singh, A. K. (2006). *Tests, measurements and research methods in behavioural sciences*. Patna, India: Bharti Bhavan.
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education (3rd ed.)*. Patna, India: General Book Agency.
- Suleman, M. (1997). *Sankhyiki ke mool tatwa*. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.
- Wayne, W. D. (2006). *Biostatistics: A Foundation for Analysis in the Health Sciences (7th ed.)*. New York, NY: John Wiley & sons. Inc
- Zar, Z. H. (2011). *Biostatistical Analysis (4th ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

Name of the Course: Contemporary Yoga Techniques for self-management**Course Code: MSY-CP-206****Course Objectives:**

Following the completion of the course students will:

1. Have an exposure to understand the principles, concept and the procedure of Various contemporary techniques.
2. Understand the commonalities across the various contemporary techniques.
3. Explain and teach the techniques with confidence.

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

UNIT 1: Healing at the Physical Level [15 Hrs.]

Main Aasanas as described in Hathyoga.

UNIT 2: Healing at the Prana Level [15 Hrs]

Main Pranayamas as described in Hathyoga.

UNIT 3: Healing at the Mental level [20Hrs]

Various meditation techniques along with Pranav Meditation.

UNIT 4: Healing at the Conscious level [10 Hrs]

1. Yoga Nidra.

TEXT BOOKS:

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan Books

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

Nagendra, H. R. (2014). New Perspectives in Stress Management by H.R. Nagendra. Swami Vivekananda Yoga Prakashana.

REFERENCE BOOKS:

Saraswati, S. S. (2016). *Yoga Nidra* . Yoga Publications Trust, Munger, Bihar, India.

Nagendra, H. R. (2005). *MIND SOUND RESONANCE TECHNIQUE (MSRT)*. Swami Vivekananda Yoga Prakashana.

Name of the Course: Applied Yoga Psychology Practical**Code: MSY-CP-207****Course Objectives:**

Following the completion of the course students will:

1. Understand the procedure of taking the case studies for the diagnosis of psychological diseases.
2. Know the skills of counseling with yogic approach.
3. Develop communication skills of becoming an efficient counselor.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

UNIT 1: Case History [15 Hrs.]

Taking case history of various category of various diseases such as amnesia, bipolar, OCD, schizophrenia, anxiety neurosis (5 cases)

Discussion and interpretation

UNIT 2: Audio Visual [15 Hrs.]

The students shall be exposed to audio visual methods of counselling for 5 cases

Discussion and interpretation

UNIT 3: Conventional Counseling [15 Hrs.]

Conventional counselling for 5 cases

Discussion and interpretation

UNIT 4: Yogic Counselling [15 Hrs.]

Yogic counselling for 5 cases

Discussion and interpretation

TEXT BOOK:

Rama, S., Ballentine, R. & Ajaya, S. (1976) *Yoga Psychotherapy*. Pennsylvania: HIP.

REFERENCE BOOKS:

Brown, B. (1977) *Stress and the Art of Biofeedback*. Toronto: Bantam Age Books.

Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) *Handbook of Psycho- physiology*, Cambridge.

Schwartz, M. S. (Ed) (2001) *Biofeedback: A Practitioner's Guide*. New York: The Guilford Press.

2nd Year

Option 1: Classical Stream

Semester 3

Course Name: Principal Upanishads

Course Code: MSY-SCT-C-301

Course Objective:

1. To understand the basic concepts of Upanishads..

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

UNIT 1: Introduction to Upanishads [15 hrs]

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.

UNIT 2: Tattva Mimansa (Theory of Reality) [15 hrs]

Nature of *Brahma* & *Atma* according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, *Shrishti Prakriya* (Process of Creation).

UNIT 3: Yogatattva in Principal Upanishads-I [15 hrs]

Definition of Yoga, Types of Yoga- Jnyana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Three Bodies, Omkara Upasana.

UNIT 4: Yogatattva in Principal Upanishads-II [15 hrs]

Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

REFERENCE BOOKS:

Aurobindo, S. (2001). *Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

Aurobindo, S. (2003). *Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Brahmavidya Khand*-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj,Haridwar.

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

Course Name: Yoga in World Religions**Code: MYS-SCT-C-302****Course Objectives:**

1. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.
2. To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.

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

UNIT 1: Religions and their Essence

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction to Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

UNIT 2: Yoga in Jainism and Buddhism

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Buddha-Yoga); Tai Chi-based Meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

UNIT 3: Yoga in Sufism and Islam

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

UNIT 4: Yoga in Christianity

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha-achristian meditation mantra.

TEXT BOOK:

Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

REFERENCE BOOKS:

Rai, D. L. (1996). *Discovering Human Potential Energy: Health, Stress, Illness, Lifestyle & Disease Reversal...A Physiological Approach to Yoga* (1st ed.). Anubhav Rai Publishers.

Parragon. (2012). *World Religion* . Parragon.

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

MN Gulati (2008), *Comparative Religions And Philosophies : Anthropomorphism And Divinity*

Course Name: Four Streams Yoga

Code: MSY-EL-C-303

Course Objective:

1. To give the knowledge in practical way of the different streams of Yoga

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

UNIT 1: Raja Yoga [10 hrs]

Introduction to Raja Yoga, The first steps, Prana, The Psychic Prana, The Control of Psychic Prana, Pratyahara and Dharana, Dhyana and Samadhi, Raja Yoga in brief, Concentration: its Practices and spiritual uses.

UNIT 2: Karma Yoga [10 hrs]

Karma & its Effect on Character, Each is great in his own place, The Secret of Work, What is Duty? We Help Ourselves, not the World, Non-Attachment is the Complete Self-Abnegation, Freedom, the Ideal of Karma Yoga.

UNIT 3: Jnana Yoga [15 hrs]

The Necessity of Religion, The Real Nature of Man, Maya & Illusion, Maya and the Evolution of the Conception of God, Maya and Freedom, The Absolute and Manifestation, God in Everything, Realization, Unity in Diversity, The Freedom of the Soul, The Cosmos: The Macrocosm & The Microcosm, Immortality, The Atman: Its Bondage and Freedom, The Real and the Apparent Man.

UNIT 4: Bhakti Yoga [25 hrs]

Definition of Bhakti, The Philosophy of Ishwara, Spiritual Realization, The Aim of Bhakti Yoga, The need of a Guru, Qualifications of the Aspirant and the Teacher, The Mantra: OM: Word and Wisdom, Worship of Substitutes and Images, The Chosen Ideal, The Method and the Means, Para Bhakti: The Preparatory Renunciation, The Bhakta's Renunciation results from Love, The Naturalness of Bhakti-Yoga and its Central Secret, The forms of Love Manifestations, Universal Love and How it Leads to Self- Surrender, The Higher Knowledge and the Higher, Love are one to the True Lover, The Triangle of Love, The God of Love is his Own Proof, Human Representations of the Divine Ideal of Love.

TEXTBOOKS:

Dayanda, M. (2009). Satyarth Prakash (69st ed.). Delhi, India: Arya Sahitya Prachar Trust.

REFERENCE BOOKS:

Raja Yoga – Swami Vivekananda
Karma Yoga – Swami Vivekananda
Jnana Yoga – Swami Vivekananda
Bhakti Yoga – Swami Vivekananda

Course Name: Human Consciousness

Course Code: MSY-EL-C-304

Course Objective:

1. To understand the concept of Human Consciousness in Indian Philosophy Ayurveda and Tantra

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

UNIT 1: Introduction and Concept of Human Consciousness [10 hrs] Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.

UNIT 2: Philosophy and Science of Human Consciousness [15 hrs]

Human Consciousness in Veda and Upanishad, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in Nyaya, Vaisheshik, Sankhya, Yoga, Mimamsa and Vedanta.

UNIT 3: Various streams of Ancient Indian & Modern Sciences [15 hrs] Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

UNIT 4: Different Mysteries and Development of Human Consciousness [20 hrs]

Birth and Life, Fate and Efforts (Purushartha), Principles of Karma, Samskar and Rebirth. Concept of Kundalini, Concept of Chakra. Various psychological methods for development of Human Consciousness. Methods for development of Human Consciousness in Various Religions- Islam, Christianity, Sikhism, Various Techniques for developments of Human Consciousness by Indian Rishis.

REFERENCE BOOKS:

Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.

Sarath, E. W. (2013). *Improvisation, Creativity, and Consciousness: Jazz as Integral Template for Music, Education, and Society*. New York, NY: Suny

- Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256
- Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”*
- Wilber, B. K. (1997). Sex, Ecology, Spirituality. *The Journal of Socio-Economics*, 26(1),
- Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.
- Kumar, K., & Bharadwaj, A. (2015). *Human consciousness and Yogic science*.
- Campbell, A. (1974). *Seven states of consciousness : a vision of possibilities suggested by the teaching of Maharishi Mahesh Yogi*. Harper & Row.
- Paṇḍā, N. (1996). *Mind & supermind*. D.K. Printworld.
- Mishlove, J. (1975). *The roots of consciousness : psychic liberation through history, science, and experience*. Random House.
- Frawley, D. (1997). *Ayurveda and the mind: the healing of consciousness*. Lotus Press.
- Besant, A. (1972). *A study in consciousness; a contribution to the science of psychology*. Theosophical Pub. House.
- Bharadwaj, D. I. (2018). *Manav Chetna (Human Consciousness)*. Satyam Publishing House .
- Bharadwaj, D. I. (2014). *Aupnishdik Adhyatma Vigyan : Dr. Ishwar Bharadwaj*. Satyam Publishing House.
- Upadhyaya, A. . (2016). *Bhartiya Darshan*. SHARADA.
- Saxena, D. K. (2016). *Bharatiya Darshan Me Chetna Ka Swaroop* . Chaukhamba Vidya Bhawan, Varanasi.

Name of the Course: Advance English Communication 1**Course Code: MSY-AECT-C-305****Course Objectives:**

Unit 1- To expose the students to the basic concepts in the field of ELT (English Language Teaching) and enhance their teaching abilities

Unit 2- To help the students to understand, explain and translate L2 from L1 in a more efficient manner

Unit 3-The students will learn how to teach in class, remove personal barriers and enhance confidence in a group setting and workplaces

Unit 4 -The students will learn how to correct mistakes and learn to give Positive Feedback and Criticism

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory :100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1:

- ELT in India
- Principles of Teaching English as a Foreign/Second Language
- Curriculum Preparation and Design
- Teaching Literature

Unit -2:

Grammar

- Translation Methods
- Direct Method
- Structural Approach
- Audio-lingual Method
- Situational Approach

Unit-3:

Communicative Language Teaching –

- Task Based Approach
- Suggestopedia

Unit-4:

Error Analysis and Correction - from L1 to L2

(L1- mother Tongue and L2 - English)

Text books:*English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy***Suggested Sources:**

Britishcouncil.org

**Name of the Course: Field Training-I
(Yoga Teachings of Swami Ramdev)**

Course Code: MSY-FW-C-306

Course Objectives:

Following the completion of this field training, students shall be able to:

1. Gain more practical knowledge about the Yoga Teachings of Swami Ramdev.
2. Able to teach different styles of Swami Ramdev Yoga Style.

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

Disease specific Yoga therapy prescribed by Yogrishi Swami Ramdev

Instructions:

1. Students will spend 2 hours every day in the practical yoga sessions to learn and practice Yogrishi Swami Ramdev Ji's Yoga Therapy techniques.
2. Students will learn to take classes in practical yoga session.
3. Students will go through a field training for 15/30 days in nearby Yoga Wellness Centre.

Note:

Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts & Field work.

Course Name: Project Work-I**Course Code: MSY-PW-C-307****Course Objectives:**

Following the completion of this project work in Literary and Philosophical area of the Shastras:

1. Carry out small scale research projects.
2. Analyze his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

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

Note:

During this time, candidates are expected to carry out the following task

- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Semester-4

Name of the Course: (Wellness Promoting Formulations of Patanjali Yogpeeth)

Course Code: MSY-SCT-C-401

Course Objectives:

Following the completion of this COURSE, students shall be able to:

1. Able to understand the wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.
2. Gain more practical knowledge about wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.

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

Unit-I Yoga and Health

Yoga practices according to diseases, loosening exercises, major breathing techniques (pranayama), general rules of yogic lifestyle, integrated yoga protocols, yoga practices for obesity, yoga practices for the spine, yoga practices for thyroid, yoga practices for youth, yoga practices for healthy people, basic principles of yoga practice, meditation, the goal of meditation, benefits of meditation.

Unit-II Ayurveda and Health

Ayurvedic Panchkarma Treatment, Vaman, Virechan, Anuvasanvasti, Niruhvasti, Nasyakarma and Shirovirechan, Uttarvasti, Raktamokshan, Abhayang, Udvertan, Shirodhara, Shiropichu, Shirovasti, Akshitarpan, Karnpuran, Gandush-Kawal Dharan, Kati Basti/Griva Basti/ Janu Basti/ Hridayvasti/ Utahvasti, NadiSweda, ParishakSweda, BalukaSweda, PatrapindaSweda, Shastikshali Pinda Sweda, Annalepan

Unit-III Health-promoting principles and nutritive care

Basic rules in diet and nutrition, lemon-honey water, lemon-fenugreek water, fennel-coriander water, panchāmritpeya, kwāth, sweet kwāth, moong-dāl soup, cabbage soup, preparation tips for boiled food, gourd-spinach koftā, stuffed bitter gourd(karelā), khichadi and daliya,

Unit-IV Disease specific diet therapy

Diet in diseases related to vāta, pitta and Kapha dosha, diet therapy in obesity, diabetes, heart diseases (hypertension, high cholesterol), arthritis, liver disease, skin disease, kidney disease, and cancer, applications of hydrotherapy.

Unit-V Home Remedies: Application of readily available herbs and spices

Carom seeds, cardamom, black pepper, cumin seeds, cinnamon, coriander, fenugreek, rai, laung, turmeric, asafoetida, ginger, lemon, onion, garlic, aloe vera, honey, panchāmrit, giloy, tulsi, bel,

pear, sehjan, radish, saunth, durva, kalonji, white and black sesame, corn, bitter gourd, guava leaves, pink salt, munakka, nutmeg, jaggery, saffron, chironji, neem, mint, fennel seeds, amlā, gourd.

REFERENCES:

Balkrishna, A. (2021) Patanjali Wellness, line of treatment, Divya Prakashan

Course Name: Samkhya Karika

Course Code: MSY-SCT-C-402

Course Objectives:

1. To understand the basics of Sankhya Philosophy

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

UNIT 1- Introduction to Sankhya Philosophy and Sankhya Karika [10 hrs]

Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction to *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

UNIT 2- Principles of Sankhya Karika [20 hrs]

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*.

UNIT 3- Introduction to Trayodashkaran [15 hrs]

Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and functions of *Trayodashkaran*, Eight *Dharmas* of *Buddhi*.

UNIT 4- Introduction to Sarg, Shareer & Mukti [15 hrs]

Concept and types of *Sarga*: *Bhutsarga* & *Pratyayasarga*, Types of *Shareer*: *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types of *Mukti*.

REFERENCE BOOKS:

Gerald James Larson (1998), *Classical Sāṃkhya: An Interpretation of Its History and Meaning*, Motilal Banarasiidass

Albrecht Wezler and Shujun Motegi (1998), *Yuktidipika - The Most Significant Commentary on the Sāṃkhyakārikā*, Critically Edited, Vol. I. Stuttgart: Franz Steiner Verlag.

Karl H. Potter (2011), *The Encyclopedia of Indian Philosophies, Volume 2: Indian Metaphysics and Epistemology*, Motilal Banarsidass

Krishna, Ishvara; (translated by: Swami, Virupakshananada), (1995). Samkhya Karika. Sri Vacaspati Misra. Mylapore, Madras: Sri Ramakrishna Matt.

Course Name: YOGA UPANISHADS

Course Code: MSY-ELT-C-403

Course Objective:

1. To study the basics and applied part of Yoga in different Yoga Upanishads

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

UNIT 1: Shandilya Upanishad [15 hrs]

Brief Introduction to *Shandilya Upanishad*, *Ashtanga Yoga*: Types of *Yama*, Types of *Niyama*, Types of *Asana*, Concept and Types of *Nadi & Prana*, Stages of *Pranayama*, Concept & Types of *Pratyahara*, Concept & Types of *Dharana*, Concept & Types of *Dhyana*. *Concept of Samadhi*.

UNIT 2: Jabaldarshanopanishad [15 hrs]

Brief Introduction to *Jabaldarshanopanishad*, *Ashtanga Yoga* : *Yama* (10 Types), *Niyama* (10 Types), *Asana* (9 Types), Types of *Prana & Nadi*, Types of *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* (Its Types) & *Samadhi*.

UNIT 3: Trishikhibrahmanopanishad [15 hrs]

Brief Introduction to *Trishikhibrahmanopanishad*, Concept & Types of *Yamas* and *Niyamas*, Concept & Types of *Asanas*, Types of *Nadi*, Types of *Prana & Pranayama*, Concept of *Pratyahara*, *Dharana*, *Dhyana*, *Samadhi*.

UNIT 4: Yogchudamanyupanishad [15 hrs]

Brief Introduction to *Yogchudamanyupanishad*, *Shadanga Yoga- Asana* & its types, Types of *Chakra*, *Nadi*, *Prana*, *Pranayama*: Its types & Benefits, Concept of *Kundalini*, *Mitahara*, *Mudra & Bandhas*, Concept of *Pratyayahara*, Concept of *Dharana*, Concept of *Dhyana*, Concept of *Samadhi*.

REFERENCE BOOKS:

108 Upanishad-*Brahmavidya Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Name: Yoga Shashtra-I -Brahmasutra & Viveka Chudamani

Course Code: MSY-ELT-C-404

Course Objective:

1. To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamani

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

UNIT 1: Brahma Sutra [15 hrs]

Brief Introduction to Brahmasutra and its writer, Explanation of these sutras- Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

UNIT 2: Vivek Chudamani-I [15 hrs]

Brief Introduction to Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

UNIT 3: Vivek Chudamani-II [15 hrs]

Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya.

UNIT 4: Vivek Chudamani-III [15 hrs]

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta.

REFERENCE BOOKS:

Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.

Vivek Chudamani- Arvidananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.

Vivek Chudamani- Gita Press, Gorakhpur.

Berger, Douglas L. (2005). "The Vivekacudamani of Sankaracarya Bhagavatpada: An Introduction and Translation (review)". *Philosophy East and West*. 55 (4):

Name of the Course: Advance English Communication- 2
Course Code: MSY-AECT-C-405

Course Objectives:

Unit 1- To help the students to develop their ability to read and understand English

Unit 2- To communicate easily with and enhance the ability to understand native speakers

Unit 3 -To demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend in English. Additionally, to provide the students with a forum for healthy discussions.

Unit 4 - To make them learn and practice standard English to withstand their global needs.

Unit 5 - To give time to the students to research and practice for different examinations they might want to appear for under provided guidance.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1 - Reading

- Identifying Main Ideas in Texts
- Types of Reading Methods
- Loud Reading for pronunciation and fluency
- Reading Comprehension
- Written Composition

Unit 2 - Listening

- Listening for specific information
- Podcasts
- YouTube
- Ted Talks
- Audio Stories
- Radio
- News Channels - BBC

Unit 3 - Speaking

- Conversations
- Debates
- Group Discussions
- Talks and Lectures
- Interview Skills

- Public Speaking Skills

Unit 4 - Writing

- Structured Writing
- Writing Styles
- Sentence Structures
- Concepts of Paragraph Writing

Unit 5 – Language Lab

Suggested Readings

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Mastering Communication at Work: How to Lead, Manage, and Influence, by Ethan F. Becker and Jon Wortmann, 2009
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009
- IELTS Handbook- British Council
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**Name of the Course: Field Training-2–
Integrated Pathy of Patanjali Yogpeeth**

Course Code: MSY-FW-C-406

Course Objectives:

Following the completion of this field training, students shall be able to:

3. Able to understand the wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.
4. Gain more practical knowledge about wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach
3. Gain the knowledge of teaching different Yoga Texts

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

Integrated Pathy of Patanjali Yogpeeth

Instructions:

4. Students will spend 2 hours every day in the practical yoga sessions to learn and practice Integrated Pathy of Patanjali Yogpeeth..
5. Students will learn to take classes in practical yoga session.
6. Students will go through a field training for 15/30 days in nearby Yoga Wellness Centre.

Note:

Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts & Field work.

Prescribed book for Integrated Pathy:

Balkrishna, A. (2021) Patanjali Wellness, line of treatment, Divya prakashan

**Name of the Course: Project Work 2 -
Dissertation**

Course Code: MSY-PW-C-407

Course Objectives:

Following the completion of this project work in Literary and Philosophical area of the Shastras:

1. Carry out small scale research projects.
2. Analyze his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

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

Note:

- During this time, candidates are expected to analyze the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.
- Project II shall be the continuation of Project I.

Examination:

Students shall be examined based on the presentation of project work and the quality of the research work.

2nd Year**Option 2: Therapy Stream****Semester 3**

Name of the Course: Disease Specific Pathology-I**Course Code: MSY-SCT-T-301****Course Objectives:**

A PG student at the end of this theory teaching will be able to:

1. Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Have an understanding of the common hematological disorders and the steps necessary to understand them.
3. Understand the pathogenesis of gastrointestinal disorders.

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

UNIT 1: Introduction to Pathology [15 Hrs.]

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

UNIT 2: Hemodynamics Changes [15 Hrs.]

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumors), Differences between benign and malignant tumors, Aetiopathogenesis of neoplasia (cancer), Signs of Malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses),

Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

UNIT 3: Haematology [15 Hrs.]

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); 2. Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia; Agranulocytosis, Leucocytosis – Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease – Haemophilia B; Von-willebrads disease; DIC (Disseminated Intravascular Regulation), Rh Incompatibility

UNIT 4: Gastrointestinalpathology [15 Hrs]

Typhoid, Tuberculosis, Crohn's Disease, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis; Malabsorption: Celiac disease, Tropical and other causes; Jaundice : Types, Pathogenesis and Differentiation; Hepatitis : Acute and Chronic, Etiology, Pathogenesis and Pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), Complications; Portal Hypertension: Types including non-cirrhotic portal fibrosis and Manifestations.

TEXT BOOKS:

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer

Damjanov, I. (2009). *Anderson's Pathology 10E 2 Vol. Set (Hb), Pathology Books, Elsevier Science*. Elsevier Science.

REFERENCE BOOKS:

Veterinary, T. N. (2003). *Robbins basic pathology* (7th ed., Updated ed.). Saunders.

Sood, R. (1999). *Medical laboratory technology : methods and interpretations*. Jaypee Brothers.

Walter, J. B. (John B., Talbot, I. C., Israel, M., & Walter, J. B. (John B. (1996). *Walter and Israel general pathology*. Churchill Livingstone.

Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual Transmitted Diseases and Tuberculosis Prevention*, (April).

Govan, A. D. T., Macfarlane, P. S., & Callander, R. (1991). *Pathology illustrated*. Churchill Livingstone.

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319- 72194-1

Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). *Gastrointestinal pathology and its clinical implications* (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer health.

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer.

Name of the Course: Evidence Based Yoga Therapy-I**Course Code: MSY-SCT-T-302****Course Objectives:**

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yogatherapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management

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

UNIT 1: Introduction to Common Ailments [15Hrs.]

Introduction to stress: Physiology of stress, psychosomatic ailments; Introduction to Yoga therapy – Adhija Vyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anemia: Classification of anemia, Medical management, Yogic management

UNIT 2: Musculo-Skeletal Disorders [15Hrs]

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms Of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

UNIT 3: Gastro Intestinal Disorders [15Hrs]

APDs: Introduction to APDs: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers: Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management.

UNIT 4: Excretory System [15 Hrs.]

Chronic renal failure: Causes, clinical features, Medical management & Yogic Management; Renal stones: Medical management & Yogic Management; Irritable bladder, Medical management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder: Diabetes Mellitus 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management'; Hypo and Hyper- thyroidism: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.

REFERENCE BOOKS:

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan BooksTM

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

Nagarathna, R., & Nagendra, H. (2008). *Integrated approach for Yoga therapy for positive health*. Swami Vivekananda Yoga.

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain:

Dorling Kindersley.

Long, R. (2008). The Key Muscles of Hatha Yoga. [papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201](https://doi.org/10.1002/9781118111111.ch201)

Payne, L., & Usatine, R. (2002). *Yoga Rx: A Step-by-Step Program to Promote Health, Wellness, and Healing For Common Ailments* (1st ed.). New York, NY: Broadway Books.

Monro, R., Nagarathna, R., Nagendra, H. R., Ford-Kohne, N., & Vivekananda Yoga Therapy and Research Foundation. (1990). *Yoga for common ailments*. Simon & Schuster.

Karmananda, S. (2003). Yogic management of common diseases. In *Munger: Yoga Pub. Trust. Bihar, India*.

Name of the Course: Naturopathy

Course Code: MSY-ELT-T-303

Course Objectives:

Study of this Paper will enable learner to-

1. Understand principles and science of preventive & healing modalities in naturopathy.
2. Prescribe and provide naturopathy for common diseases.

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

UNIT-1

Naturopathy: History, Meaning, Definition, Purpose, Core Principles, Constructive and Destructive Principles, Primary and Secondary Causes of Diseases, Chronic and Acute Diseases-Etiology, Signs, Symptoms, Pathophysiology, Diagnosis and Healing Modalities of Naturopathy.

Mud, Sun and Air Therapy: Importance and Types of Mud, Preventive and Therapeutic Effects of Mud, Mud Treatment Modalities and Their preventive and Therapeutic Effects and Uses. Sunlight and its Preventive and Remedial Value, Chromotherapy: Preventive and Therapeutic Modalities of Sunlight and Chromotherapy. Air and its Preventive and Therapeutic Modalities and Uses.

UNIT-2

Hydrotherapy: Meaning, Definition, Purpose, Principles, Preventive and Therapeutic effects and implications of water, Preventive and Therapeutic Modalities in Hydrotherapy and their Science: Normal Bath, Water Intake, Circular Bath, Foot and Arm Bath, Steam Bath, Water Wave Bath, Hip Bath, Jet Bath, Sauna Bath, Whirlpool Bath, Hot and Cold Wet Towel Compress (Full Body, Foot, Arms, Stomach, Back), Sponge Bath, Anemia: Concept, types, Methods, Promotive, Preventive and Therapeutic Uses; and Precautions.

UNIT-3

Fasting: Meaning, Definition, Types, Purpose, Principles, Types (Long term, Short term, Water Fasting, Liquid Fasting), Physiological Action and Reaction of the Fasting, Preventive and Curative Uses of the Fasting, Ideal and Natural Diet; Concept of Dietary and Nutritional Ingredients (Carbohydrate, Fat, Protein, Vitamin, Minerals, Water and Fibers) Disease-wise Dietary Prescriptions as in Unit 5.

UNIT-4

Massage: History, Meaning, Definition, Purpose, Principles, Types (Scientific, Ayurvedic

and Thai) and Techniques, Science of Massage, Steps of the Massage: Friction, Stroking, Kneading, Digital Kneading, Fist Kneading, Wringing, Skin Rolling, Tapping, Pinching, Hacking, Cupping, Pounding, Percussion, Acupoint stimulation, Joint mobilization and stretching; Promotive, Preventive and Therapeutic Applications of the three Massages.

UNIT-5

Natural Therapeutics: Constipation, Acid Peptic Diseases: Dyspepsia, GERD Reflux, Peptic and Duodenal Ulcers; Inflammatory Bowel Diseases, Irritable Bowel Syndrome, Coeliac Diseases, Chron's Disease, Colitis, Gallstone, Jaundice, Rhinitis, Sinusitis, Pneumonia, COPD, Asthma, Emphysema, Psoriasis, Hypertension/Hypotension, Under and Over Active Thyroid, Metabolic Syndrome, Obesity, Diabetes- Type 1 and Type 2; Gestational Diabetes, Tuberculosis- Lung, Bone and Gut; Hypertension, Coronary Artery Disease, Congestive Heart Failure, Cancers: Breast, Cervix, Blood, Lung, Hepatic and Gall Bladder, Bone; Back Pain, Neck Pain, Cervical, Spondylosis, DMD, Arthritis-RA & OA, Renal Stone, Leukorrhea, Menstrual Disorders, PCOD, Infertility, Erectile Dysfunction, Premature Ejaculation, Urinary Tract Infection Autism, ADHD, Depression , PTSD, Insomnia, Tension Headaches, Migraine, Stroke, Epilepsy, Parkinson's Disease, Anxiety, Schizophrenia , OCD, Hysteria, Alzheimer's Disease.

REFERENCES

- Bakhru, H. K. (1991). *The Complete Handbook of Nature Cure* (5th ed.). Jaico Publishing House. Cayleff, S. E. (2016). *Nature's Path: A History of Naturopathic Healing in America*. John Hopkins University Press.
- Goyal, B. B. (2013). *Secrets of Naturopathy and Yoga* (UK ed). Sterling Publishers. Hechtman, L. (2012). *Clinical Naturopathic Medicine*. Elsevier.
- Johari, H. (1996). *Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
- Lindlahr, H. (2010). *Nature Cure*. Wexford College Press.
- Mhaske, S. N. (2017). *Essentials of Nutrition*. CBS Publishers. Mitchell, S. (2001). *Naturopathy*. Random House.
- Niraj, N. K. (2009). *Miracles of Naturopathy and Yogic Sciences*. Popular Book Depot.
- Salguero, C. P., & Roylance, D. (2005). *Encyclopedia of Thai Massage* (2nd ed.). Silkworm Books. Sarris, J. (2019). *Clinical Naturopathy: An Evidence-based Guide to Practice*. Elsevier.
- Clay, J. H., & Pounds, D. M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment*(2nd ed.). Lippincott Williams & Wilkins.
- Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). CENGAGE Learning.
- James Waslaski. (2012). *Clinical Massage Therapy: A Structural Approach to Pain Management* (M. Cohen (Ed.)). Pearson.
- Khan, Janet R. (2002). *Massage Therapy: The Evidence for Practice* (G. J. Rich (Ed.)).

Mosby Elsevier. Lavekar, G. S. (Ed.). (2009). *A Practical Handbook of Panchakarma Procedures-Central Council for Research in Ayurveda and Siddha*. Central Council for Research in Ayurveda and Siddha.

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). F. A. Davis Company.

Mechanisms, P., Action, O. F., & Massage, F. O. R. (n.d.). *Massage therapy, acupuncture, and reflexology* 3. 23–42.

Mumford, S. (2009). *The massage bible: The Definitive Guide to massage* (Issue December). A Godsfield Book.

Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). Elsevier, Mosby.

Name of the Course: (Wellness Promoting Formulations of Patanjali Yogpeeth)

Course Code: MSY-ELT-T-304

Course Objectives:

Following the completion of this COURSE, students shall be able to:

3. Able to understand the wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.
4. Gain more practical knowledge about wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.

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

Unit-I Yoga and Health

Yoga practices according to diseases, loosening exercises, major breathing techniques (pranayama), general rules of yogic lifestyle, integrated yoga protocols, yoga practices for obesity, yoga practices for the spine, yoga practices for thyroid, yoga practices for youth, yoga practices for healthy people, basic principles of yoga practice, meditation, the goal of meditation, benefits of meditation.

Unit-II Ayurveda and Health

Ayurvedic Panchkarma Treatment, Vaman, Virechan, Anuvasanvasti, Niruhvasti, Nasyakarma and Shirovirechan, Uttarvasti, Raktamokshan, Abhayang, Udvartan, Shirodhara, Shiropichu, Shirovasti, Akshitarpan, Karnpuran, Gandush-Kawal Dharan, Kati Basti/Griva Basti/ Janu Basti/ Hridayvasti/ Utahvasti, NadiSweda, ParishakSweda, BalukaSweda, PatrapindaSweda, Shastikshali Pinda Sweda, Annalepan

Unit-III Health-promoting principles and nutritive care

Basic rules in diet and nutrition, lemon-honey water, lemon-fenugreek water, fennel-coriander water, panchāmritpeya, kwāth, sweet kwāth, moong-dāl soup, cabbage soup, preparation tips for boiled food, gourd-spinach koftā, stuffed bitter gourd(karelā), khichadi and daliya,

Unit-IV Disease specific diet therapy

Diet in diseases related to vāta, pitta and Kapha dosha, diet therapy in obesity, diabetes, heart diseases (hypertension, high cholesterol), arthritis, liver disease, skin disease, kidney disease, and cancer, applications of hydrotherapy.

Unit-V Home Remedies: Application of readily available herbs and spices

Carom seeds, cardamom, black pepper, cumin seeds, cinnamon, coriander, fenugreek, rai, laung, turmeric, asafoetida, ginger, lemon, onion, garlic, aloe vera, honey, panchāmrit, giloy, tulsi, bel, pear, sehjan, radish, saunth, durva, kalonji, white and black sesame, corn, bitter gourd, guava leaves, pink salt, munakka, nutmeg, jaggery, saffron, chironji, neem, mint, fennel seeds, amlā, gourd.

REFERENCES:

Balkrishna, A. (2021) Patanjali Wellness, line of treatment, Divya Prakashan

Name of the Course: Disease Specific Pathology Practical-I**Course Code: MSY-SCP-T-305****Course Objectives:**

Following the completion of the practical training, students shall be able:

1. To demonstrate the laboratory experiments.
2. To understand the normal and abnormal value of a parameter.
3. To develop the skill of interpreting the results.

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

UNIT 1: Hematology –I [15 Hrs]

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

UNIT 2: Hematology-II [15 Hrs.]

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

UNIT 3: Anemia-I [15 Hrs.]

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

UNIT 4: Demonstration [15 Hrs.]

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

REFERENCE BOOKS:

Mohan, H. (2016). *Practical Pathology eBook : Mohan, Harsh* (4th ed.). Jaypee Brothers Medical Publishers (P) Ltd.

Sood, R. (1999). *Medical laboratory technology : methods and interpretations*. Jaypee Brothers.

Name of the Course: Evidence Based Yoga Therapy-Practical I**Course Code: MSY-SCP-T-306****Course Objectives:**

Following the completion of these practical, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailment.
2. Understand the principles and procedure of each practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Students will attend Yoga Practical Sessions daily to gain the practical knowledge of the following:

UNIT 1: Special techniques for Anaemia [15 hrs.]

Set of practices required for Anaemia and other associated haematological complications.

UNIT 2: Cancer and autoimmune diseases [15 Hrs.]

Set of practices required for Cancer and Auto immune complications.

UNIT 3: Musculo skeletal diseases [15 Hrs.]

Set of practices required for Muscular and skeletal diseases.

UNIT 4: Gastrointestinal disorders [15 Hrs.]

Set of practices required for gastro intestinal diseases.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

REFERENCE BOOKS:

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan BooksTM

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

Name of the Course: Field Training-I**Course Code: MSY-FW-T-307****Course Objectives:**

Following the completion of this field training, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailments confidently.
2. Gain more practical knowledge about the disease specific yoga techniques

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

Instructions:

- Students will spend 2 hours every day in the practical yoga sessions to learn and practice Yogic Techniques to cure different ailments.
- Students will learn to take classes in practical yoga session.
- Students will go through a field training for 15/30 days in nearby Yoga Wellness Centre where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course: Project Work-I**Course Code: MSY-PW-T-308****Course Objectives:**

Following the completion of this project work, students shall be able to:

1. Carry out small scale research projects.
2. Analyse his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

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

Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Semester 4

Name of the Course: Disease specific Pathology-II**Course Code: MSY-SCT—T-401****Course Objectives:**

A PG student at the end of this theory teaching will be able to:

1. Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Have an understanding of the common cardiovascular, respiratory and renal disorders.
3. Understand the pathogenesis of endocrine, nervous, obstetrics and gynecological disorders.

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

UNIT 1: Cardiovascular and respiratory pathology [15 Hrs.]

Rheumatic fever and Rheumatic Heart Disease: Pathogenesis, Morphology and effects; Atherosclerosis and Ischemic Heart Disease; Myocardial Infarction; Diseases of blood vessels other than atherosclerosis; Hypertension, its type and Hypertensive Heart Disease; Structure of Bronchial tree and alveolar walls, concept of obstructive and restrictive lung disorders, Inflammatory diseases of bronchi: chronic bronchitis, bronchial asthma, bronchiectasis, chronic obstructive lung disease, Pneumonias: Lobar, Broncho, Interstitial; Pulmonary suppuration including lung abscess: Etiopathogenesis and Morphology;

UNIT 2: Nervous and endocrine pathology [15 Hrs.]

Structural Organization, specific cell types, and reaction patterns; Inflammatory disorders: Pyogenic and tuberculous meningitis; CSF and its disturbances: cerebral edema, raised intracranial pressure; Cerebrovascular diseases : Atherosclerosis, thrombosis, embolism, aneurysm, Hypoxia, Infarction and Hemorrhage; Scope of endocrine control and Investigations; Diabetes Mellitus: Types, Pathogenesis, pathology, Non-neoplastic lesions of thyroid, hypo & hyper thyroids: Iodine deficiency goiter, autoimmune thyroiditis, thyrotoxicosis, myxedema,

UNIT 3: Obstetrics, Gynecologic and Renal pathology [15 Hrs.]

Physiology of normal pregnancy, diagnosis of pregnancy, routine antenatal care, management of common symptoms in pregnancy, investigations to be carried out in pregnancy; Hypertensive disorders in pregnancy, Anemia in Pregnancy : Heart disease in pregnancy; Ante partum hemorrhage; Intrauterine Growth Restriction (IUGR); Rhesus Negative Pregnancy; Disorders of liver, kidneys in pregnancy; Multiple pregnancy; Puerperium, and its complications; Renal structure, basis of impaired function, urine analysis; Glomerulonephritis: Classification, Primary Proliferative and Non Proliferative; Secondary Glomerulonephritis : Diabetes; Nephritic Syndrome; Acute Renal Failure : Acute tubular and cortical necrosis; Renal vascular disorders, kidney changes in Hypertension; Renal Malformations : Polycystic kidneys;

REFERENCE BOOKS:

- Veterinary, T. N. (2003). *Robbins basic pathology* (7th ed., Updated ed.). Saunders.
- Walter, J. B. (John B., Talbot, I. C., Israel, M., & Walter, J. B. (John B. (1996). *Walter and Israel general pathology*. Churchill Livingstone.
- Sood, R. (1999). *Medical laboratory technology : methods and interpretations*. Jaypee Brothers.
- Govan, A. D. T., Macfarlane, P. S., & Callander, R. (1991). *Pathology illustrated*. Churchill Livingstone.
- Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer.
- Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). *Gastrointestinal pathology and its clinical implications* (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer health.
- Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.
- Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual Transmitted Diseases and Tuberculosis Prevention*, (April).
- Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: WoltersKluwer.

Name of the Course: Evidence Based Yoga Therapy-II**Course Code: MSY-SCT-T-402****Course Objectives:**

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yogatherapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management.

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

UNIT 1: Respiratory Disorders [15 Hrs.]

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management

UNIT 2: Cardiovascular and Metabolic Disorders [15Hrs.]

Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management; Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post-CABG rehab. Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.

UNIT 3: Neurological Disorders [15 Hrs.]

Headaches, Migraine: Causes, Classification, clinical features, Medical management, Yogic Management; Tension headache: Medical management, Yogic Management; Cerebrovascular accidents: Causes, clinical features, Medical management, Yogic Management; Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management, Yogic Management; Parkinson's disease: Causes, clinical features, Medical management, Yogic Management; Multiple sclerosis: Causes, clinical features, Medical management, Yogic Management; Errors of vision of refraction: Causes, clinical features, Medical management, Yogic Management; Hearing impairment: Causes, clinical features, Medical management, Yogic Management

UNIT 4: Psychiatric Disorders [15 hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis; Neurosis: Anxiety disorders; Generalized anxiety disorder; Panic Anxiety; Obsessive Compulsive Disorder; Post-traumatic stress disorder; Phobias, Medical Management, Yogic Management; Depression, Dysthymia, Major depression, Medical Management, Yogic Management; Psychosis- Schizophrenia: Bipolar affective disorder, Medical Management, Yogic Management, Mental retardation, Autism, Attention Deficit Hyperactivity Disorders, Medical Management, Yogic Management; Substance abuse– alcohol, tobacco, cannabis abuse, Medical Management, Yogic Management.

REFERENCE BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan BooksTM

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Integrated approach of yoga therapy for positive health-R Nagaratha, H R Nagendra

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Monro, R., Nagarathna, R., Nagendra, H. R., Ford-Kohne, N., & Vivekananda Yoga Therapy and Research Foundation. (1990). *Yoga for common ailments*. Simon & Schuster.

Karmananda, S. (2003). *Yogic management of common diseases*. In *Munger: Yoga Pub. Trust. Bihar, India*.

Name of the Course: (Complementary & Alternative Therapy)

Course Code: MSY-SCT- T-403

Objectives:

The teaching-learning of this paper will enable learner to-

1. State concept, prevalence, objectives, types, applications and limitations of CAT&
2. Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

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

UNIT 1: CAT

History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era– Swami Ramdev, Acharya Balkrishna, Swami Satyananda, B.K.S. Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegel, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

UNIT 2: Manipulative-Body Based Therapy (MBT)

Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. **Acupressure:** Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

UNIT 3: Energy Medicine

History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); **Bio-plasmic body/Aura:** structure, types and size; **Energy Centers (EC):** Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures.

UNIT 4: Acupressure & Pranic Therapeutics

Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

UNIT 5: Biologically Based Products (Dietary Supplements & Herbal Remedies)

Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan;

their Functions and natural Sources; Panchagavya (Cow-urine, dung, milk, curd, ghee and Panchagavya ghrít) and their preventive and healing applications.

TEXTBOOK:

Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

REFERENCE BOOKS:

Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.

Acharya, B. (2005). *Ayurveda Jadi-buti Rahasya*. Haridwar, India: Divya Prakashan.

Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.

Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine (21st ed.)*. China: Churchill Livingstone, Elsevier.

Holford, P. & Burne, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.

Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.

Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. New Delhi, India: Tata McGraw-Hill.

Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Solvenia: h. f. ullmann.

Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine (5th ed.)*. China. Elsevier Saunders.

Mohan, H. (2010). *Textbook of pathology (6th ed.)*. New Delhi, India: Jaypee Brothers Medical Publishers (P) Ltd.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan.

Peeters, J. (2008). *Reflexology*. Bath BAIHHE, UK: Paragon.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.

Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2006). *Diagnose, cure and empower yourself by the currents of breath*. Haridwar, India: Shri Vedmata Gayatri Trust.

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Name of the Course: Disease Specific Pathology Practical-2**Course Code: MSY-SCP-T-404****Course Objectives:**

Following the completion of the practical training, students shall be able:

1. To demonstrate the laboratory experiments.
2. To understand the normal and abnormal value of a parameter.
3. To develop the skill of interpreting the results.

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

UNIT 1: Microscopic Observation [15 Hrs.]

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic; Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema, Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

UNIT 2: Specimen [15 Hrs.]

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

UNIT 3: Laboratory Tests [15 Hrs.]

Urine analysis, Random blood sugar, Fasting and Post pyramidal blood sugar, Liver and Kidney function test in pathological conditions

UNIT 4: Pulmonary Function Tests [15 Hrs.]

Vital capacity, tidal volume and Peak flow rate in pathological conditions

REFERENCE BOOKS:

Mohan, H. (2016). *Practical Pathology* (4th ed.). Jaypee Brothers Medical Publishers (P) Ltd.

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Name of the Course: Evidence Based Yoga Therapy-Practical II**Course Code: MSY-SCP-T-405****Course Objectives:**

Following the completion of these practical, students shall be able to:

1. Demonstrate the yoga practices specific to particular ailments.
2. Understand the principles and procedure of each practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Students will attend Yoga Practical Sessions daily to gain the practical knowledge of the following:

UNIT 1: Disease specific techniques for Respiratory Disorders [15 hrs.]

Set of practices required for respiratory disorders .

UNIT 2: Disease specific techniques for Cardiovascular Disorders [15 Hrs.]

Set of practices required for cardiovascular disorders.

UNIT 3: Disease specific techniques for Neuro-endocrine Disorders [15 Hrs.]

Set of practices required for Neuro-endocrine diseases.

UNIT 4: Disease specific techniques for Psychiatric and Obstetric & Gynaecological Complications [15 Hrs.]

Set of practices required for Psychiatric and Obstetric & Gynecological complications.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

Name of the Course: Field Training-II**Course Code: MSY-FW-T-406****Course Objectives:**

Following the completion of this field training, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailments confidently.
2. Gain more practical knowledge about the disease specific yoga techniques

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practicalsession.
2. Understand how to take casehistory
3. Gain the knowledge of recording the common parameters specific todisease.

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

Note:

- Students will spend 2 hours every day in the practical yoga sessions to learn and practice Yogic Techniques to cure different ailments.
- Students will learn to take classes in practical yoga session.
- Students will go through a field training for 15/30 days in nearby Yoga Wellness Centre where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course: Project work-II**Course Code: MSY-PW-T-407****Course Objectives:**

Following the completion of this project work, students shall be able to:

1. Carry out small scale research projects.
2. Analyze his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

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

Note:

- During this time, candidates are expected to analyze the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.
- Project II shall be the continuation of Project I.

Examination:

Students shall be examined based on the presentation of project work and the quality of the research work.