

**University of Patanjali, Haridwar**  
**Syllabus**  
**B.A. Yoga Science**  
  
**Year - 2019**

## 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		
<b>I Year</b>										
<b>Semester I</b>										
1	BA 101	Introduction Of Yoga	3	1	0	4	20	10	70	100
2	BA 102	Introduction Of Hatha Yoga	3	1	0	4	20	10	70	100
3	BA 113	Basics Of Sanskritam I	1	1	0	<b>Non Credit</b>	10	5	35	50
4	BA CE 01	Communicative English I	3	1	0	4	20	10	70	100
5	BA 107	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 22</b>						<b>16</b>	<b>Total</b>			<b>400</b>
<b>Semester II</b>										
1	BA 201	Indian Philosophy And Culture	3	1	0	4	20	10	70	100
2	BA 202	Introduction To Srimad Bhagavad Gita	3	1	0	4	20	10	70	100
3	BA 213	Basics Of Sanskritam II	1	1	0	<b>Non Credit</b>	10	5	35	50
4	BA CE 02	Communicative English II	3	1	0	4	20	10	70	100
5	BA 207	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 22</b>						<b>16</b>	<b>Total</b>			<b>400</b>

<b>II Year</b>										
<b>Semester III</b>										
1	BA 301	Patanjal Yogsutra	3	1	0	4	20	10	70	100
2	BA 302	Human Biology I	3	1	0	4	20	10	70	100
3	BA 307	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 16</b>						<b>12</b>	<b>Total</b>			<b>300</b>
<b>Semester IV</b>										
1	BA 401	Human Biology II	3	1	0	4	20	10	70	100
2	BA 402	Introduction To Ayurveda & Swasthavritta	3	1	0	4	20	10	70	100
3	BA 407	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 16</b>						<b>12</b>	<b>Total</b>			<b>300</b>
<b>III Year</b>										
<b>Semester V</b>										
1	BA 501	Research and Teaching Methods in Yoga	3	1	0	4	20	10	70	100
2	BA 502	Introduction To Upanishad	3	1	0	4	20	10	70	100
3	BA 507	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 16</b>						<b>12</b>	<b>Total</b>			<b>300</b>
<b>Semester VI</b>										
1	BA 601	Yoga Therapy	3	1	0	4	20	10	70	100
2	BA 602	Introduction To Naturopathy & Alternative Therapy	3	1	0	4	20	10	70	100

3	BA 607	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 16</b>						<b>12</b>	<b>Total</b>			<b>300</b>

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,

TA - Teachers Assessment, SEE - Semester Examination

VIII

**Paper Name: Introduction Of Yoga**  
**Paper Code: BA 101**

Final Exam (SEE)-70 Marks  
Internal Assesment (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 Yogrishi 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, Shvetashvatropanishad And Major Yogopanishad

Shrimad Bhagvadgita - Jnana, Karma, Bhakti, Dhyana Yoga

Jain-*Triratna*, *Panchamahavrat*, And *Tapa* And *Dharma*

Buddhist - Ashtanga Marg, Anapan, Four Meditations, Brahmavihar

Aryurveda - Yoga Elements In Charaka Samhita (Mumukshu Udayan-Charaka Shaarir5.12), Aachar Rasayana (Charaka Samhita –Chikitsa Sthan1.4.30-35)

Prescribed Text Book

गृहस्थयोगसाधककेगुण- आचार्यबालकृष्णजी

हेमचन्द्राचार्यकेचयनितसूत्र

**Unit-3: - Basic Requirements of Yoga Practice (5 Hours):**

Suitable Place For Yoga Practice, Time (Season-Time), Diet, 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 (15 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. उपनिषद् संदेश - स्वामी रामदेव, दिव्य योग प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
2. दर्शन प्रवेश - दिव्य योग प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
3. योगविश्वकोष- आचार्य बालकृष्ण, दिव्य योग प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
4. अर्थविनिश्चयसूत्रम्- बुद्धउपदेश।
5. कल्याणयोगांक- गीताप्रेस, गोरखपुर।
6. कल्याण (योगतत्वांक) - गीताप्रेस, गोरखपुर।
7. वेदोंमेंयोगविद्या - योगेन्द्रपुरुषार्थी।
8. पतंजलिचरितम्ब्याकरणशास्त्रकाइतिहास- पं०युधिष्ठिरमीमांसक।
9. गोरखवाणी- पीताम्बरदासबरथवाल।

**Paper Name : Introduction Of Hatha Yoga**  
**Paper Code: BA 102**

Final Exam (SEE)-70 Marks  
Internal Assesment (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 1: General Introduction To Hatha Yoga (10 Hours):**

The Literal Meaning Of Hatha Yoga, Definition, Tradition-History, Pathyapathya Instructions For Yoga Practice, Characteristics Of Hatha Siddhi, Utility Of Hatha Yoga. Therapeutic Relevance Of Hatha Yoga In The Present Age.

**Unit-2:Elements Of Hatha Yoga (According To Hatha Yogapradipika) - I (20 Hours):**

Introduction To The Book Hatha Yoga Pradipika, According To Hatha Yoga Pradipika - Asana, Pranayama, Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka And Kapalabhati) - Description.

**Unit-3:**

**Elements Of Hatha Yoga (According To Hatha Yoga Pradeepika) -II (8 Hours):**

According To Hatha Yoga Pradipika - Description Of Bandha, Mudra, Nadanusandhan, Kundalini.

**Unit 4:-**

**Elements Of Hatha Yoga (As Per Gherinda Samhit) - I (12 Hours):**

Introduction To The Gherand Samhita Text, Classification, Method, Benefits And Precautions Of The Shatkarmas Described In Gherand Samhita.The Method, Benefits And Precautions Of Aasanas Described In The Gherand Samhita.

**Unit5:-**

**Elements Of Hatha Yoga (As Per Gherand Samhita) - II (10 Hours):**

## The Method, Benefits And Precautions Of Pranayama And Mudras Described In Gherand Samhita. Brief Introduction To Pratyahar, Meditation And Samadhi.

### Prescribed text book

हठयोगप्रदीपिका (निर्धारितपाठ्यांश)-कैवल्यधाम, लोनावला।

घेरण्डसंहिता-कैवल्यधामलोनावला

### Supporting text book

योगसाधनाएवंयोगचिकित्सारहस्य-स्वामीरामदेवजी।(दिव्यप्रकाशन, पतंजलियोगपीठ)

### Reference book

1. हठयोगप्रदीपिका- प्रकाशककैवल्यधामलोनावला
2. घेरण्डसंहिता- प्रकाशककैवल्यधामलोनावला
3. गोरक्षासंहिता-गोरक्षनाथ
4. भक्तिसागर-स्वामीचरणदास
5. बहिरंगयोग-स्वामीयोगेश्वरानन्द



**Paper Name: Basics Of Sanskritam (Non Credit)**  
**Paper Code: BA-113**

Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-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: संस्कृतभाषापरिचय (7)**

संस्कृतभाषापरिचय, योगशास्त्रकेअध्ययनमेंसंस्कृतकामहत्त्वऔरयोगएवंसंस्कृतकाअन्तःसम्बन्धमाहेश्वरसूत्र।संस्कृतवर्णमाला, स्वर, व्यंजनवर्णज्ञानसहितरोमनलिपिमेंलेखनएवंपठन, वर्णोंकेउच्चारणस्थानऔरप्रयत्नज्ञान।प्रत्याहारनिर्माणविधि।एवंप्रत्याहारज्ञान।कारक. विभक्ति, सुप्औरतिङ्प्रत्यय, लिङ्, वचन, पुरुष, लकारएवंवाक्यांगपरिचय।संस्कृतसंख्याएं (एकसेसौतक)

**Unit-2: शब्दरूप (8)**

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारिशब्दोंकेरूपअर्थज्ञानसहिता।अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृशब्दोंकेरूपअर्थज्ञानसहिता।सर्वनामशब्दरूप-अस्मद्, युष्मद्, तत् (तीनोंलिगोंमें), एतद् (तीनोंलिगोंमें), किम् (तीनोंलिगोंमें.) भवत् (तीनोंलिगोंमें) शब्दोंकेरूपअर्थज्ञानसहिता।हलन्तशब्दरूप-भगवत्, नामन्, जगत्शब्दोंकेरूपअर्थज्ञानसहिता।

**Unit-3: धातुरूप (8)**

भू, अस्, पठ्. कृ. लिख, नम्, दृशधातुओंकेपांचलकारोंलट्, लुट्, लङ्लोट, विधिलिङ्, मेंरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिता।वद्, गम्, स्था, पा, दा, शक, आप, प्रच्छधातुओंकेपांचलकारोंलट्, लुट्, लङ्, लोट्, लिङ्गैरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिता।ज्ञा, कथ्, चिन्त, ब्रू, श्रु, नी, याच्, खाद, शीङ्, धातुओंकेपांचलकारोंलट्, लुट्, लङ्, लोट्, लिङ्गैरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिता।

**Unit-4: वाक्यनिर्माण (7)**

प्रथमदीक्षाकेप्रथम, द्वितीयएवंतृतीयअध्यायसेवाक्यनिर्माणएवंअर्थज्ञानकाअभ्यास।

**TEXT BOOKS**

- द्विवेदीकपिलदेवःप्रारम्भिकरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2011
- द्विवेदीकपिलदेवःरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशनवाराणसी2011
- द्विवेदीकपिलदेवःप्रौढरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2007

- प्रथमदीक्षा, राष्ट्रियसंस्कृतसंस्थान, नईदिल्ली
- संस्कृतप्रबोध

### **BOOKS FOR REFERENCE**

1. महर्षिदयानन्दसरस्वती: वर्णोच्चारशिक्षा, रामलालकपूरट्रस्ट, सोनीपतहरियाणा।
2. Perry ED: A Sanskrit Primer, MLBD, New Delhi, 2004
3. Kala MR: A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

**Paper Name: Communicative English**  
**Paper Code: BA-CE 01**

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

**Objectives**

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

- Communicate in English
- Develop reading and writing skills in English
- To communicate in English while Yoga teaching and training.

**Unit 1- Communication [10 Hrs]**

Writing Letters-Letter For Inquiry, Idioms And Phrases, Placing Order, Replacement Letter, Cancellation Letter, Complaint Letter etc.

**Unit 2-Drafting Advertisement [05 Hrs]**

Classified Advertisement, Commercial Advertisement

**Unit 3- Literature [10 Hrs]**

Indian Traditional Knowledge On Environmental Conservation

An Article Lightly Ofg Asia - Gautam Buddha

Kafan-Prem Chand

**Unit 4- Conducting Yoga Practicle Class In English**

Development Of Skills To Enhance Ability Of Conducting Yoga Class In English,  
Demonstration Of Yoga Practices In English,

**References**

1. Ethan F. Becher. Mastering Communication At Work: How To Lead, Manage Anmd Influence, 2009.
2. Mathew Mckey, Martha Devis, Patrick: Messages: The Communication Skill Book, 2009
3. Ps Perkins, Les Brown: The Art And Science Of Communication, 2008
4. Robin Quinn, Joe Kohl: Talk Like A Winner; 21 Simple Rules Foe Achieving Everyday Communication Success, 2008

**Paper Name- Yoga Practicum**  
**Paper Code- BA-107**

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.

**EIGHT BAITHAK BY YOGRISHI SWAMI RAMDEV JI**

Ardh baithak, Purna baithak, Rammurti baithak, Pahalwani baithak-1, Pahalwani baithak-II. Hanuman baithak -1, Hanuman baithak-11, Hanuman baithak --111,

**TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI**

Simple Dand, Rammurti Dand, Vakshvikasak Dand, Hanuman Dand, Vrishchik Dand-I, Vrishchik Dand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

**SURYA NAMASKARA with mantra.**

**YOGASANA (SUPINE LYING POSTURES)**

Navasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasdana, Chakkichalana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

**PRANAYAMA**

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);

**MUDRA**

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi

**SHATKARMAS**

Neti (Jalneti, Rubber Neti)

## **RECITATION OF HYMNS**

Recitation of Shanti Mantras; Recitation of Pranava Japa and Soham Japa

## **CONTINUOUS EVALUATION BY THE TEACHERS**

### **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, NewDelhi.
4. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla

**Paper Name: Indian Philosophy And Culture**  
**Paper Code: BA-201**

Final Exam (SEE)-70 Marks  
Internal Assesment (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 –Praman Mimamsa(Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics).

(Prescribed Text Book - भारतीयदर्शन - आचार्यबलदेवउपाध्याय- चयनितपाठ्यांश)

**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 - दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, 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 - 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- डा० कपिलदेवद्विवेदी)

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

Purushartha Chaturthya, Ashram System, Varna System, Karma Principles, Sixteen Rites, Pancha Mahayajna, Debt-Triad, Co-Existence - Universal Relationship

(Prescribed Text Book - धर्म दर्शन संस्कृति- डा0 रूपकिशोर शास्त्री)

**References / supporting books**

1. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय संस्कृति का इतिहास-डा0 सत्यकेतु विद्यालंकार
3. वैदिक साहित्य एवं संस्कृति-कपिल देव द्विवेदी
4. मनुउपदेशः विनोबा भावे
5. धर्म दर्शन संस्कृति- डा0 रूपकिशोर शास्त्री
6. Teaching yourself philosophy :Indian Philosophy- Dr. R.P. Sharma
7. An outline of Indian Philosophy- M. Hiriyana

**Paper Name: Introduction to Srimad Bhagavad Gita**  
**Paper Code: BA-202**

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: Shrimad Bhagwadgita 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 Current Era.

**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- Daivee Sampda (Chapter-16).



### **Prescribed Text Book -**

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

### **Supporting text book**

1. गीता रहस्य लोक मान्य तिलक (चयनित पाठ्यांश)
2. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

**Paper Name: Basics Of Sanskritam (Non Credit)**  
**Paper Code: BA-213**

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

**Objectives:**

- Following the completion of this course, students shall be able to
- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

**Unit-1: संस्कृतभाषापरिचय [8HRS]**

पठ् एवं कृधातुकार्कर्मवाच्यरूपज्ञानपाँचलकारोँलट्, लुट्, लङ्, लोट्,  
लिङ्गें एवं वाक्यनिर्माणअर्थज्ञानसहिताअस् एवं भूधतुकाभाववाच्यरूपज्ञानपाँचलकारोँलट्, लुट्, लङ्, लोट्,  
विधिलिङ्गें एवं वाक्यनिर्माणअर्थज्ञानसहिताकर्तृवाच्य एवं कर्मवाच्यकापरिचय, वाक्यरचना,  
वाक्यरूपान्तरण एवं अनुवादाकर्तृवाच्यकापरिचयवाक्यरचना, वाक्यरूपान्तरण एवं अनुवादा

**Unit-2: कृदन्तप्रत्यय [7HRS]**

शतृ एवं शानच्प्रत्ययोँसेशब्दनिर्माण, वाक्यरचनाऔरअनुवादाक्त्वा, ल्यप, तुमुन्प्रत्ययोँसेशब्दनिर्माण,  
वाक्यरचनाऔरअनुवादाक्त् एवं क्तवतुप्रत्ययोँसेशब्दनिर्माण, वाक्यरचनाऔरअनुवादातव्यत्, अनीयर् एवं यत्प्रत्ययोँसेशब्दनिर्माण,  
वाक्यरचनाऔरअनुवादा

**Unit-3: सन्धि एवं भाषाभ्यास [8HRS]**

अच्, हल् एवं विसर्गसन्धियोँकाज्ञान एवं सन्धिविच्छेदकाअभ्यासा। भगवद्गीताकेद्वितीयअध्यायकेप्रथम20  
श्लोकोँमेंकारक एवं क्रियापदोँकाअनुसन्धान एवं सस्वरश्लोकोपाठा। संस्कृतसेहिन्दी/अंग्रेजीमेंअनुवादा। संस्कृतमेंपरस्परवार्तालाप एवं मौखिकव्या  
ख्यानकाअभ्यासा।

**Unit-4: भाषादक्षता [7HRS]**

प्रथमदीक्षाकेचतुर्थ, पंचम एवं षष्ठअध्यायसेवाक्यनिर्माण एवं अर्थज्ञानकाअभ्यासा।

**TEXT BOOKS**

1. द्विवेदीकपिलदेवः प्रारम्भिकरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2011
2. द्विवेदीकपिलदेवः रचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2011
3. द्विवेदीकपिलदेवः प्रौढरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2007

## **BOOKS FOR REFERENCES**

1. प्रथमदीक्षाराष्ट्रीयसंस्कृतसंस्थान, नईदिल्ली।
2. द्वितीयदीक्षाराष्ट्रीयसंस्कृतसंस्थान, नईदिल्ली।
3. महर्षिदयानन्दसरस्वती:वर्णोच्चारशिक्षा, रामलालकपूरट्रस्ट, सोनीपतहरियाणा।

**Paper Name: Communicative English**  
**Paper Code: BA-CE 02**

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

**Objectives**

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

- Communicate in English in interviews etc.
- Develop reading and writing skills in English
- To communicate in English while teachings of Yoga

**UNIT 1- COMMUNICATION (10 HRS)**

Paragraph Writing Reading Comprehensions, Listening Comprehensions, Note Making. Summary, Referring To Encyclopedia And Dictionary, Debate Writing, Speech Writing Article Writing, Phonetics Transcription, Precise Writing

**UNIT 2- INTERVIEW (05 HRS)**

Group Discussion, Personal Interview, Telephonic Interview, Resume Writing Etc.

**UNIT 3- LITERATURE (15 HRS]**

- Ramayana
- Srimadbhagwad Geeta
- Panchtantra
- 

**REFERENCES**

- Ethan F. Becher: Mastering Communication At Work: How To Lead, Manage Annd Influence, 2009.
- Mathew Mckey, Martha Devis, Patrick: Messages: The Communication Skill Book, 2009
- P.S Perkins, Les Brown: The Art And Science Of Communication, 2008
- Robin Quinn, Joe Kohl: Talk Like A Winner; 21 Simple Rules For Achieving Everyday Communication Success, 2008 Srimadbhagwadgeeta By Paramhansa Yogananda.

**Paper Name - Yoga Practicum**  
**Paper Code- BA-207**

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**

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, Ardha Halasana, Padvritta Asana- Variations 1 & 2 And Dwichakrikasana- Variations 1 & 2; As Recommended By Swami Ramdev.

**(Prone Lying Asanas)**

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

**Pranayama**

Bhastrika, Kapalbhati, Bahya, Ujjyai, As Recommended By Swami Ramdev.

**Shatkarma**

Kapalbhati (Vatkram, Vyutkram) Nauli (Madhyama, Vama, Dakshina)

**Mantra Ishwarstuti-Prarthnopasana:**

Understanding, Recitation And Memorization.

**Continuous Evaluation By The Teachers**

**TEXT BOOKS**

1. Swami Ramdev ji: Vaidik Nitya Karma Vidhi, Divya Prakashan, Haridwar, 2010.

2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga  
1. Publications, New Delhi, 1980
2. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
3. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar,  
4. 2010
5. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about  
6. Cleansing Process, MDNIY New Delhi, 2009
7. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005. 7. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012

**Paper Name -Patanjal Yogsutra**  
**Paper Code - BA – 301**

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 - 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 Nidrodhopaya (Abhyasa And Vairagya), The Nature Of God, Pranava Chanting And Its Results, Antarayabhava, Chitta Prasadana, Nature Of Samadhi.

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

Concept Of Kriya Yoga, Klesha , Ashtanga Yoga Introduction, Chaturavuhavaad, Drashta And Drishya, Vivek Khyati.

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

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

**Unit-4: 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- गीताप्र

**Paper Name - Human Biology I**  
**Paper Code- BA 302**

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





**Paper Name - Yoga Practicum**  
**Paper Code - BA-307**

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 (SITTING POSTURES)**

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

**PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)**

Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

**BANDHA**

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha,

**SHATKARMAS**

Sutra Neti, Nauli Chalana, Agnisara.

**MANTRA**

Bhojan Mantra, Pratah Evam Ratri Mantra- Understanding, Recitation And Memorization

**Continuous Evaluation By The Teachers**

**TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
3. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, 2017.

4. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan,  
Haridwar,  
2010

**Paper Name - Human Biology II**  
**Paper Code- BA 401**

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

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

- 1) Discuss & introduce Blood Circulatory System, Digestive System, Excretory System & Nervous Systems with their gross anatomy & physiology
- 2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems.

**Unit-1: - Blood Circulatory System (15 Hours):**

Composition Of Blood , White Blood Particles, Red Blood Particles And Blood Cycle Composition And Function, Functions Of Blood, External And Internal Structure And Functions Of Heart, Effect Of Yoga On Blood Circulatory System. Introduction, Structure And Function Of Lymphatic System. Effect Of Yoga On Lymphatic System.

**Unit-2: - Digestive System- 1 (15 Hours):**

The Structure Of The Digestive System, The Functions Of The Digestive System, The Digestion Of Proteins, Fats And Carbohydrates, The Structure And Function Of The Liver, The Structure And Function Of The Pancreas, The Effect Of Yoga On The Digestive System. Stomach Structure And Function.

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

The Composition Of The Excretory System, The Structure And Function Of The Kidney, The Process Of Urine Formation, The Excretion Of Urine, The Composition Of Urine, The Effect Of Yoga On The Excretory System.

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

Branches Of Nervous System, Nerves And Brain, Brain Parts, Brain Functions, Nerve Types - Cerebral & Spinal, Autonomic Nervous System, Effect Of Yoga On

The Nervous System. The Structure And Function Of The Senses, The Effect Of Yoga On The Senses.

### **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

**Paper Name- Introduction To Ayurveda and Swasthavritta**  
**Paper Code- BA 402**

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

**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 Swasthavritta & Panchkarma and useful domestic herbal remedies

**Unit-1: - Introduction To Ayurveda (10 Hours):**

Ayurveda: General Introduction: Meaning, Definition, Purpose, Tradition, History, Principles. Origin Of Ayurveda(Ayurveda Avtaran) General Introduction Of Ayurvedic Texts- Charak Samhita, Sushruta Samhita. The Concept Of Health According To Ayurveda. Use Of Ayurveda In Health Promotion And Prevention Of Diseases.

**Unit-2: Principles Of Ayurveda (15 Hours):**

Basic Principles Of Ayurveda - Tridosha, Saptadhatu, Pancha Mahabhut. Prakriti Nirupan, Concept Of Manas Prakriti , Prakriti Testing And Determination. Concept Of Agni, Shrotasa , Aama. General Introduction Of Dravyagata Rasa, Guna , Karma, Veerya, Vipaka, Prabhav.

**Unit-3: - Introduction Of Swasthavritta (15 Hours)**

Swasthavritta - Meaning, Definition, Purpose And Importance  
Upastambhatraya – Aahaar, Nidra, Brahmacharya. Dincharya, Ratricharya  
Ritucharya, Doshas - Accumulation, Aggravation & Pacification; Sadvritta And Achara Rasayana.

**Unit-4: - Diet (10 Hours):**

Meaning, Definition, Properties, Functions, Quantity And Time Of Diet (Aahar). Raw Diet, Mitahara, Fasting, Complarative Evaluation Of Vegetarian And Non-Vegetarian Diet. Chemical Classification Of Food - Carbohydrate, Fat, Minerals, Vitamins, Water Composition, Classification And Physical Effects.

**Unit-5: - Introduction Of Panchakarma (10 Hours):**

Concept Of Panchakarma - Meaning, Definition, Type, Purpose, Importance And Limitations. Trividha Karma - Purva (Pre),Pradhan(Main), Pashchaat (Post) Karma Description.

### **Prescribed text book**

1. आयुर्वेद महोदधि-आचार्य बालकृष्ण जी
2. आयुर्वेद सिद्धान्त रहस्य- आचार्य बालकृष्ण जी
3. स्वस्थवृत्त विज्ञान-प्रो० रामहर्ष सिंह

### **Supporting text book**

- 1.आयुर्वेदीय शरीर क्रिया विज्ञान- शिव कुमार गौड़
2. आयुर्वेदिक ट्रीटमेंट फॉर डिसीजस-वी.वी.दास
3. Basic Principles of Ayurveda- K. Laxmi Pati

**Paper Name- Yoga Practicum**  
**Paper Code- BA-407**

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.

**YOGASANAS (STANDING POSTURES]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasa

**PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)**

Surya-bheda Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama,

**MUDRAS**

Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra

**SHATKARMAS**

Gajkarni, Tratak

**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: Divya Prakashan, 2009.



**Paper Name- Research and Teaching Methods in Yoga**  
**Paper Code- BA 501**

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, 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, Divya Prakashan, 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

**Paper Name- Introduction to Upanishadas**  
**Paper Code- BA 502**

Final Exam (SEE)-70 Marks  
Internal Assesment (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

**Paper Name- Yoga Practicum**  
**Paper Code- BA-507**

Final Exam (SEE)-70 Marks  
Internal Assesment (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.

**Yogasanas**

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

**Pranayama (With Antar & Bahya Kumbhaka)**

Bhastrika Pranayama., Bhramari Pranayama,

**Bandh**

Maha Bandha, Tri Bandha.

**Shatkarma**

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

**Practice Leading To Meditation**

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

**Continuous Evaluation By The Teachers**

**Paper Name - Yoga Therapy**  
**Paper Code- BA 601**

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, Panchkoshas And Shatchakra 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.

## **Reference Book**

- Yoga Sadhana & Yoga Chikitsa Rahasya: Swami Ramdev
- Ayurveda Theory Of Secrets: Acharya Balakrishna
- Yoga And Yoga Therapy: Ram Harsh Singh
- Yoga To Arogyindian Yoga Society
- Yogic Medicine Owner Kuvalayananda
- Yoga Therapy. Ishwar Bhardwaj
- Yoga And Roga, Swami Satyananda Saraswati

**Paper Name -Introduction to Naturopathy & Alternative Medicine**

**Paper Code- BA 602**

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 Naturopathy & Alternative Medicine.
- Have knowledge of different techniques used in Naturopathy & Alternative Medicine to cure general ailments.

**Unit-1: Introduction To Naturopathy (10 Hours): -**

Meaning Of Naturopathy, Definition, Purpose, Limitations. History - Western And Indian. Need And Importance, Basic Principles Of Naturopathy. Measures To Increase Vitality.

**Unit-2: - Hydro (Water) Therapy, Soil (Mud)Therapy And Sun Therapy (15 Hours):**

Water Therapy - Importance (Including Classical References), Properties, Principles, Methods Of Water Use And Major Medical Applications.

Mud (Soil) Therapy - Importance (Including Classical Reference), Properties, Principles, Methods Of Soil Application And Major Medical Applications

Agni Tattva (Surya) Therapy - Importance (Including Classical References), Properties, Methods Of Surya Medicine And Major Medical Applications

**Unit-3: - Air (Prana) Therapy And Ether (Aakash) Therapy (15 Hours)**

Air (Prana) Therapy: - Importance Of Air (Including Classical References), Utility Of Prana As Prana, Healing Effect Of Pranayama, Applications Of Air Therapy.

Ether (Aakash)Therapy: - Meaning, Definition, Purpose, Principles And Types Of Fasting. Classical And Medical Importance Of Fasting.

#### **Unit-4: - Acupressure And Marma Therapy (10 Hours):**

The Meaning, Definition, Importance, History, Major Principles And Medical Applications Of Acupressure. Meaning, Importance, History And Major Principles Of Marma Healing. Introduction To Key Marma Points. Methods Of Awakening The Marma Points, Major Applications Of Marma Therapy.

#### **Unit-5: - Yajnopathy (10 Hours)**

Introduction To Yajna- Interpretation, Definition, Significance (Including Classical References) Of The Word Yajna (Panch Mahayajna), Yajna Method. Concept Of Yajnopathy (Yajna As Medicine), Medical Importance And Applications, Scientific Research On Yajna Medicine.

#### **Prescribed Text Book**

1. Prakritik Ayurvedigyan - Dr. Rakesh Jindal
2. Acupressure - Dr. Atar Singh
3. Marma Chikitsa Vigyan - Prof. Sunil Kumar Joshi, Mrityunjay Mission.
4. Yajnopathy-Brahmavarchas, Shanti Kunj, Haridwar.



**Paper Name -Yoga Practicum**

**Paper Code- BA-607**

Final Exam (SEE)-70 Marks

Internal Assesment (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, vrischik, 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, Vipareet Karni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

**Shatkarma**

Vastra Dhauti, 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**