



DAVANGERE UNIVERSITY

DEPARTMENT OF STUDIES IN YOGIC SCIENCE

SHIVAGANGOTHRI, DAVANGERE-07

"SYLLABUS FOR M.Sc., YOGIC SCIENCE"

2018-19 ONWARDS WITH CBCS

DAVANGERE UNIVERSITY



Department of Yogic science ,
Shivagangothri, Davangere-577 002

Dr. K. Krishna Shrama
Chairman-BoS

Ph No:9448241005

No: DU: YS:2018-19/

Date:23-06-2018

PROCEEDINGS OF THE MEETING OF BOARD OF STUDIES IN YOGIC SCIENCE (PG) HELD ON 23rd JUNE, 2018 AT THE DEPARTMENT OF MICROBIOLOGY, DAVANGERE UNIVERSITY, SHIVANGANGOTHRI, DAVANGERE. AT 10. 30 AM.

MEMBERS PRESENT:

1. Dr. Vidyrani

-- External Member

2. Dr. Hariparsad V R

-- External Member

3. Dr. Shashikanth Jain

-- External Member

4. Dr. K. Krishna Shrama

-- Chairman-BoS

MEMBERS ABSENT:

1. Dr. Sanjeev Patra
Professor

-- External Member

The Chairman welcomed the board members and placed the agenda before the committee for discussion.

1. Preparation of Syllabus M.Sc. in Yogic Science one Year PG diploma/3 Months certificate course:

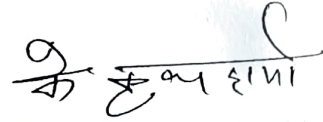
All the paper titles were finalised and the syllabus was Prepared, thoroughly discussed, securitized, Changes were incorporated and approved.

PTO

2. Preparation of panel of examiners:

Panel of examiner for PG was prepared and approved, and authorized the Chairman to send the list of examiners to The Registrar (Evaluation) by name, (for the year 2018-19).

The Chairman thanked all the members for their active participation and kind cooperation.



Dr. K. Krishna Shrama
Chairman Board of Studies in Yogic Science,
Davangere University,
Shivagangothri, Davangere.

M.SC. YOGIC SCIENCE (CBCS) COURSE STRUCTURE (2018-19 ONWARDS)

Semester	Subject/Paper Code	Title of the Paper	Instruction Hrs./week	Marks			Credits	Examination duration (Hrs.)
				Examination	Internal Assessment	Total Marks		
SEMESTER-I	THEORY PAPERS & PROJECT WORK/DISSERTATION							
	YS 1.1	Foundation of yogic Science-I	4	70	30	100	4	3
	YS 1.2	Foundation of Yogic Science-II	4	70	30	100	4	3
	YS 1.3	Basic Relevant to yogic Science I	4	70	30	100	4	3
	YS 1.4	Human Biology-I	4	70	30	100	4	3
	PRACTICAL PAPERS							
	YS 1.5	Kriyas And Asanas	8	70	30	100	2	3
	YS 1.6	Asanas	8	70	30	100	2	3
	Mandatory Credits: Personality Development		2	---	---	---	2	---

SEMESTER-II	THEORY PAPERS							
	YS 2.1	Foundation of Yogic Science-III	4	70	30	100	4	3
	YS 2.2	Basic Relevant to Yogic Science-II	4	70	30	100	4	3
	YS 2.3	Basic of Integral Approach to Yogic Science-I	4	70	30	100	4	3
	YS 2.4	Human Biology-II	4	70	30	100	4	3
	PRACTICAL PAPERS							
	YS 2.5	Kriyas And Asanas	8	70	30	100	4	3
	YS 2.6	Asanas	8	70	30	100	4	3
	Mandatory Credits: Computer Skill		2	---	---	---	2	---

SEMESTER-III	THEORY PAPERS							
	YS 3.1	Basic of integral Approach to Yogic Science-II	4	70	30	100	4	3
	YS 3.2	Basic Principles of yoga therapy	4	70	30	100	4	3
	YS 3.3	Modern Approach of Health System	4	70	30	100	4	3
	YS 3.4	Yoga Therapy Practices	4	70	30	100	4	3
	YS 3.5	(A)Yoga for Personal Health (B) Scientific Approach of Yoga (Interdisciplinary Elective Paper)	2	40	10	50	2	2
	PRACTICAL PAPERS							
	YS 3.6	Kriyas And Asanas	8	70	30	100	4	3
	YS 3.7	Asanas	8	70	30	100	4	3
SEMESTER-IV	THEORY PAPERS & PROJECT WORK/DISSERTATION							
	YS 4.1	Scientific Studies in Yogic Science-I	4	70	30	100	4	3
	YS 4.2	Scientific Studies in Yogic Science-II	4	70	30	100	4	3
	YS 4.3	Scientific Studies in Yogic Science-III	4	70	30	100	4	3
	YS 4.4	Project work/Dissertation	6	70	30	100	6	3
	PRACTICAL PAPERS							
	YS 4.5	Advanced Practices	8	70	30	100	4	3
	YS 4.6	Instruments	4	40	10	50	2	3
	Study Tour/Field Visit		---	---	---	---	---	---
	Mandatory Credits: Personality Development		2	---	---	---	2	---
	Total Credits for the Course		138	---	---	2500	104	

Davangere University
Department of Studies in Yogic Science

The Courses in the (CBCS) syllabus based for Skill based, Employability and entrepreneurship

Sl No	Course in the Yogic Science Program	Outcome of the course for potential skill, employability and entrepreneurship
01	YS 1.2 FOUNDATION OF YOGIC SCIENCE-II	The student gains the basic knowledge about the asanas, kriyas and dietics which provide them employability in Yoga studios.
02	YS 2.1 FOUNDATION OF YOGIC SCIENCE-III	This course makes student to develop skill in hatayoga and and sivayoga which provide therotical knowledge in teaching about yoga and can be employed in different schools and yoga studios
03	YS2.2 BASICS RELEVANT TO YOGIC SCIENCE - II	This course enables student to develop skill in nutrition and dietics which provide them employable opportunity in nutrtnion and health care sector.
04	YS 2.3 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I	This course helps the student to gain knowledge about naturopathy, meditational techniques which develop entrepreneur skill and provide services to people directly.
05	YS 3.2 BASIC PRINCIPLES OF YOGA THERAPY	The student will understand complete knowledge about basics principles of yoga therapy. And also management the food system and health. An opportunity to get employed in 6yoga therapy centres, food dieticians, yoga instructor.
06	YS 3.3 MODERN APPROCH OF HEALTH SYSTEM	This course helps to the student gain complete knowledge about modern approach of health system. And they easily understand all common diseases causes, symptoms, treatment with features and management. Job opportunity of this course diagnostician in health care centres.
07	Ys 3.4 YOGA THERAPY PRACTICES	This course makes student to develop skill about effect of yogic practices on basics use full systems of human body. Indian and yogic approach of the common diseases treatment and management. An opportunity to get employed in yoga therapy centres, yoga trainer, and yoga therapist in hospitals or can start own yoga therapy centres.
08	YS 4.1 SCIENTIFIC STUDIES IN YOGIC SCIENCE-I	This course develop the skill to scientific studies in yogic science complete knowledge about research. Job opportunity in research centers, teacher and yoga lecturers.
09	YS 4.3 SCIENTIFIC STUDIES IN YOGIC SCIENCE-III	Students can get skills about yoga modules and how yoga can helps to cure the diseases job opportunity like yoga therapist, yoga expert and yoga trainer in yoga centres.
10	YS 4.5 ADVANCED PRACTICES	This course develop the skill and knowledge about deferent lab instrument operating and management. Employment opportunity lab operator in yoga therapy centres, and health care centres.
11	YS 4.6 INSTRUMENTS	This course develop the student to have practical approach on how to tackle varies diseases to become entrepreneur and have the ability to open own yoga therapy centres, can become lectures in colleges, and also become teachers in school as yoga instructor.

DEPARTMENT OF STUDIES IN YOGIC SCIENCE
SHIVAGANGOTHRI, DAVANGERE-07

Program Specific outcome

PSO-1	It helps student to have basic knowledge on foundation of yoga. Student will be able to understand and translate Sanskrit verses, students will have basics knowledge of therapy and naturopathy treatment methods and a brief understanding about human anatomy and physiology.
PSO-2	It helps students to understand and analyse psycho somatic disorders they will be to teach preventive promotive and creative aspects through yoga. One will be able to become a yoga therapist in hospitals and yoga centres.
PSO-3	Three fold activity in the field of yoga namely therapy teaching & research. Job opportunity as lectures in various education institutes, corporate sectors & they will have various opportunity has a yoga instructors in abroad.

Program Outcome

PO-1	It is manly focused on the therapy concept of yoga, food concepts, naturopathy treatments and meditation techniques. It also has on inside about evolution theory and historical development of yoga and concepts on Bio-chemistry, anatomy and physiology.
PO -2	It is manly focused on the therapy concept of yoga, food concepts, naturopathy treatments and meditation techniques. It also has on inside about evolution theory and historical development of yoga and concepts on Bio-chemistry, anatomy and physiology.
PO -3	This programs provides spiritual concepts, food concepts, modern approach, Indian approach and yogic approach on different diseases and disorders.
PO -4	This program provides information about research process methodology induced, scientific studies in yoga and understanding previous research papers, applying methods and carrying out the projects

M.Sc. YOGIC SCIENCE
SYLLABUS FOR CBCS SCHEME
I SEMESTER

YS 1.1 FOUNDATION OF YOGIC SCIENCE-I

64 Hrs

I Introduction to Yoga Sutra

15 Hrs

- 1) Yoga - Meaning, Definition, Aim, Objects, Concepts, Misconcepts.
- 2) Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, Vrttis – Nature, classification, definition, method to control of citta vrttis.
- 3) Samprajnata Samadhi and its classification, Asamprajnata and its classification. Variation in the attainment of Asamprajnata Samadhi; Ishwarapranidhana – a means to attain Samadhi, Definition & quality of Ishwara.
- 4) Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits.
Samapatti, Sukshma-vishayatva, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

II Kriya Yoga

15 Hrs

- 1) Kriya-yoga and its benefits; classification, methods to control kleshas, karmasaya.
- 2) Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta.
- 3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
- 4) Vivekakhyathi, Astanga yoga.

III Samyama and its applications

14 Hrs

- 1) Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi,
- 2) Parinamanyatva, Samyama on – Parinamatraya, knowledge of bhuta ruta, Parachitta jnana, Antardhana.
- 3) Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.

- 4) Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriya jaya, Kaya jaya, Sarvajnatva, Kaivalya, Vivekajnana, knowledge of satva and purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

IV Kaivalya in Patanjala Yoga Sutra

12 Hrs

- 1) Kaivalya–Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.
- 2) Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Vastu, Jnata and Ajnata of Vastu.
- 3) Quality of everknown of purusha, Non-self illumination of Buddhi and its function.
- 4) Chitta, Dharmamegha Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya – According to Patanjala Yogasutra – ChapterIV.

REFERENCE BOOKS:

1. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata-700014.
2. Swami Satyananda(1983), Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger-811201
3. Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 700014.
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur – 273005.
5. Taimini.I.K.(1961), The Science of Yoga, Theosophical Publishing House, Adyar, Madras.- 600020
6. Swami Vivekananda (1982), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
7. Swami Vivekananda (1998), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
8. Goswami surajith (2005), Patanjala yoga vam Hatha yoga, Sathyam publishing House New Delhi.
9. Swami Adidevananda(1998) Patanjala Yoga Darshna- Vyasa Bhashya Sahitha, Sri Rama Krishna Ashrama Mysore-570020.

YSH402 FOUNDATION OF YOGIC SCIENCE-II

- I Introduction to Hathayoga, Asanas 13 Hrs**
- 1) Relationship of HathaPradipika and Rajayoga, Greatness of Hathayoga, Hathayogi parampara, Importance of Hatha and its secrecy.
 - 2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.
 - 3) Asana, Methods of Hathayoga Practice.
 - 4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.
- II Pranayamas, Kriyas 13 Hrs**
- 1) Benefits of Pranayama, Nadishuddhi Pranayama, Duration and time for Pranayama practice, gradation of Pranayama, Sweat and Pranayama, Food during Pranayama practice.
 - 2) Yukta and Ayukta Pranayama, Nadishuddhi, Satkriyas, Gajakarani.
 - 3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmany.
 - 4) Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam.
- III Kundalini, Mudras and Bandhas 12 Hrs**
- 1) Kundalini as base for all Yoga.
 - 2) Results of Kundalini Prabodha, Synonyms for Sushumna
 - 3) Mudras and Bandhas-classification, benefits and methods of practice.
 - 4) Nadanusandhana, Kandaswarupa.
- IV Methods of Samadhi Practice in Hatha yoga 12 Hrs**
- 1) Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Amaroli.
 - 2) Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya.
 - 3) Shambhavamudra, Unmani, Khechhari, Nadanusandhana, Characteristics of Nada, Pratyahara.
 - 4) Different types of Nada, Condition of Yogi in Unmani Avastha, Realisation.

REFERENCE BOOKS

1. Swami Digambaraji (1970), Hathapradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
2. Taimini I K(1960), The Science of Yoga, Theosophical Publishing House, Adyar, Madras - 600020.
3. Swami Niranjananda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
4. Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar-814113
5. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
6. Swami Atmananda(1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay-400007
7. Swami Niranjanananda (1997), Hathayogapradipika, Bihar School of Yoga-811201
8. Garote ML(2000), Hata Pradipika Vrutthi, Lonavala Yoga Institute, Lonavala.
9. Athavale Jayantha Balaji ed & Kunda Jayantha Athavali ed(2000). Hatha Yoga, Sanathana Samste, Goa.
10. Sahajananda Nath(2006), Hata Yoga Manjari, Kaivalyadhama Srimanmadhav Yoga Mandir Samiti, Pune.
11. Mukthi Bodhananda (1998), Hatha Yoga Pradipika – Light on Hatha Yoga, Bihar School of Yoga.
12. Mukthi Bodhananda (2012), Hatha Yoga Pradipika – Light on Hatha Yoga, Yoga Publication Trust, Munger.
13. Svathmarama(2000), The Hatayogapradipika, with the commentary Jyotsna of Brahmananda and English translation the Adyar library and Research center, The theosophical society, Adyar hennai 600020

YSH403 BASICS RELEVANT TO YOGIC SCIENCE-I

I Basics of Sanskrit - I

13 Hrs

- 1) Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- 2) Sanskrit words – classification of Sanskrit words, Subantas-Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.
- 3) Declaration -of the following words in cases – Rama, Hari, Guru, Lata, Mati, Dhenu, Phala, Vari, Gau, Asmad, Yushmad, Tad, Kim.
- 4) Kriyapada in Sanskrit – Classification, Lakaras, Purushas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin – Bhu, Khad, Vad, Dhyai, Path, Sev, Kshi, Pracch, Tus, Kath, Chint, Kr.

II Basics of Sanskrit - II

13 Hrs

- 1) Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.
- 2) Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras. Sandhis – Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, Schutva
- 3) Nipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal.
- 4) Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

III Study of the following chapters of Bhagavadgita

12 Hrs

- 1) Sankhya yoga according to Bhagavadgita Chapter II
- 2) Karma yoga according to Bhagavadgita Chapter II
- 3) Karma yoga according to Bhagavadgita Chapter VI
- 4) Dhyana yoga according to Bhagavadgita Chapter VI

IV Schools of Yoga

12 Hrs

- 1) Rajayoga
- 2) Hathayoga
- 3) Jnanayoga, Karmayoga
- 4) Mantrayoga, Bhaktiyoga

REFERENCE BOOKS

1. L. Anantarama Sastri, Shabda Manjari, R.S. Vadhyar & Sons, Palghat -678003.

2. L.Anantarama Sastri, Dhatu Manjari, R.S.Vadhyar & Sons, Palghat -678003.
3. Appayya dikshitha, Laghusiddhanta Kaumudi, Chaukamba Oriental Series, Varanasi-221001
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur. 273005.
5. H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi 700014.
6. Swami Atmananda(1966), The Four Yogas, Bharatiya VidyaBhawan, Bombay -400007
7. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201
9. Swami Niranjanananda(1997), Gheranda Samhita, Bihar School of Yoga-811201
10. Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
11. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.- 811201
12. T.Krishnamacharya, T.K.V.Deshikachar.,(1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028.
13. Naikar Chandramauli S.(1997), Ghata Yoga Medha Publisher, Dharwad.
14. Vijayalakshmi M.Ed(2003), Gheranda Samhita, Shivalik Prakashan, Delhi.
15. Swami Vivekanda (1998), Four Yogas; Rama Krishna Ashrama Publication, Dehi Entally Road, Kolkata – 700014.

YSH404 HUMAN BIOLOGY – I

I Anatomy & Physiology of Musculo-Skeletal System 12 Hrs

- 1) Muscle – Classification – Histology – Properties of each type – Distribution.
- 2) Mechanism of muscle contraction (Brief) – Neuromuscular transmission (brief), ligaments, tendons.
- 3) Skeleton-Bones-types, Structure & function, Spinal column,
- 4) Joints – Types, Structure, Function.

II Anatomy & Physiology of Blood, Immune System & Cardiovascular System 13 Hrs

- 1) Composition of blood corpuscles – R.B.C., W.B.C., Platelets.
Plasma, Haemoglobin, Coagulation of blood and anticoagulants.
Blood groups and its importance
- 2) Lymphatic system, Immunity – types & mechanism.
- 3) Cardiovascular System- Anatomy of Heart, Innervation of heart – Properties of cardiac muscle
- 4) Control of cardiac cycle and circulation, Cardiac output, Blood pressure

III Anatomy & Physiology of Respiratory System and Excretory System 13 Hrs

- 1) Respiratory system - Anatomy Gross & Histological, Mechanism of breathing, Exchange of gases.
- 2) Pulmonary function tests – lung volumes, Control of Respiration.
- 3) Excretory System - Anatomy – Gross & Histological, Functions of glomerules and renal tubules – Micturition and composition of urine.
- 4) Structure and functions of skin, Regulation of body temperature.

IV Anatomy & Physiology of Digestive System 12 Hrs

- 1) Digestive System, Anatomy – Gross & Histological.
- 2) Mechanism and role of secretion of Saliva, Gastric Juice.
- 3) Mechanism and role of secretion of Pancreatic juice, Bile, Intestinal secretion.
- 4) Absorption and assimilation, formation of faeces.

REFERENCE BOOKS

1. Chatterjee C.C(1992)., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta-700009

2. Evelyn C.Pearce(1968), Anatomy and Physiology for Nurses, Faber and Faber Ltd., London.
3. Ann B Menaught(1991), Illustrated Physiology
4. Guyton(2011), A text book of Medical Physiology, W.B Saunders, London.
5. Gerald J.Tortora(1990), Nicholas P. Anagnostakos, Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6. Ross and Wilson(2001), Anatomy and Physiology, Churchill Livingstone, London.
7. Dr.Sembu Lingam, Prema Sembu Lingam(2012), Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -700014.
8. A.K. Jain(2002) Human Physiology and Biochemistry. Arya publications, Industriyal area ,Trilokpur road. Kala Amb 173030. Dist. Sirmour(HD)

YSH405 PRACTICAL – I : KRIYAS AND ASANAS

I	Selected Kriyas	24 Hrs
	1) Jalaneti, Kapalabhathi	
	2) Agnisara, Trataka	
	3) Sutraneti	
	4) Gajakarani	
II	Asanas	24 Hrs
	1) Svastikasana, Tadasana 1&2	
	2) Vaidika Suryanamaskara – 9 Vinyasa	
	3) Siddhasana, Padmasana	
	4) Baddha Padmasana, Pashasana	
III	Asanas	24 Hrs
	1) Shalabhasana, Bhikasana	
	2) Dhanurasana, Parshvasahita Dhanurasana	
	3) Ustrasana, Vajra & Suptavajrasana	
	4) Pavanamuktasana, Bhujangasana	
IV	Asanas	24 Hrs
	1) Urdhwa Padmasana	
	2) Pindasana	
	3) Matsyasana, Uttanapadasana	
	4) Shavasana I.	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005
4. Jois Pattabhi (2010), Yoga mala – Part I, North Point Press, A Division of Farrar, Straus and Giroux, 18 west 18th street, New York 10011.
5. B.K.S.Iyengar (1966), Light on Yoga . Harper Collins publication, 77- 85 Fulham Palace road, London W6 8JB.
6. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi,-201307

7. Swami Satyananda Saraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger-811201
8. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605104
9. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
10. Swami Dharendra Brahmachari(1953), Yogasana Vijnana, Dharendra Yoga Publications, New Delhi-110001
11. O.P.Tiwari,(1991) Asana, Why & How, Kaivalyadhama, Lonavala,- 410403
12. Swami Satynanda Saraswati(1983), Suryanamaskara,Bihar School of Yoga, Munger-811201
13. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore-574279
14. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
15. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Bureau (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002

YSH406 PRACTICAL – II : ASANAS

I	Asanas	24 Hrs
	1) Yaugika Suryanamaskara – 17 Vinyasa	
	2) Padangusthasana, Padahasthasana	
	3) Utthita Trikonasana, Parivrtta Trikonasana	
	4) Utthita Parshvakonasana, Prasarithapadottanasana	
II	Asanas	24 Hrs
	1) Parshvottanasana	
	2) Utthita Padangusthasana	
	3) Ardhabaddhapadmottanasana	
	4) Veerabhadrasana	
III	Asanas	24 Hrs
	1) Paschimottanasana, Purvottanasana	
	2) Ardhabaddhapadmapaschimottanasana, Janushirshasana	
	3) Tiryanmukhaikapadapaschimottanasana	
	4) Marichasana 1 & 2, Navasana	

IV Asanas

24 Hrs

- 1) Bhujapedasana, Kurmasana
- 2) Setubandhasana
- 3) Viparitarani, Salamba Sarvangasana
- 4) Halasana, Shavasana II

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
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II SEMESTER

YSH451 FOUNDATION OF YOGIC SCIENCE-III

- | | | |
|------------|--|---------------|
| I | Ghatayoga and its applications - I | 13 Hrs |
| | <ul style="list-style-type: none">1) Ghatayoga – Introduction, Saptanga yoga, Benefits.2) Satkriyas – Classification, Practising methods and benefits.3) Asana– Classification, Practising methods and benefits.4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits. | |
| II | Ghatayoga and its applications - II | 13 Hrs |
| | <ul style="list-style-type: none">1) Pratyahara–Classification, Practising methods and benefits.2) Pranayama– Classification, Practising methods and benefits.3) Meditation– Classification, Practising methods and benefits.4) A comparative study of Hathayoga and Ghata yoga. | |
| III | Methods of Samadhi Practice in Siva yoga - I | 12 Hrs |
| | <ul style="list-style-type: none">1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga.2) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana. | |
| IV | Methods of Samadhi Practice in Siva yoga - II | 12 Hrs |
| | <ul style="list-style-type: none">1) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri, Nadi, Pranava, Bandha, Duration of Pranayama, Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.2) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducives for Samadhi, benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga. | |

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1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403

2. Swami Niranjananda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
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8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

- | | | |
|-----------|--|---------------|
| I | Fundamentals of Dietics and Nutrition – Modern Concept | 13 Hrs |
| | 1) Nutrition, Nutrients – Macro and Micro nutrients
Carbohydrates - Monosaccharides, Disaccharides, Polysaccharides | |
| | 2) Proteins – Importance of proteins in diet, Essential and non essential amino acids.
Lipids – essential fatty acids, Lipid profile. | |
| | 3) Vitamins – Fat soluble and Water soluble vitamins – Physiological role, deficiency signs, sources, requirement. | |
| | 4) Minerals – Calcium, Iron and other trace elements in nutrition.
Balanced diet, Energy requirement | |
| II | Ancient Concept of Food | 12 Hrs |
| | 1) Food and Triguna | |
| | 2) Food and Tridosha | |
| | 3) Yogic Diet – Pathya and Apathya | |
| | 4) Sadrasa, Pancamahabhuta and Food. | |

III Swara Yoga and Yoga Rahasya 13 Hrs

- 1) Swara yoga in brief, Sound and Form of Swara
- 2) Tattwa Vichara, Swara Yoga Practice
- 3) Yoga Rahasya-practicing method of asana, Pranayama, meditation etc.
- 4) Special indications of yoga practice to cure the diseases.

IV Concept of health and Philosophy of Asana, Bandha, Mudra, Pranayama 12 Hrs

- 1) Health Definitions-according to Indian system and Modern system
- 2) Physical Health, Mental health.
- 3) The Philosophy of Asanas in comparison with physical exercises
- 4) The Philosophy of Bandha, Mudra and Pranayama

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1. Jain D.K. (2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.
2. Dr.U.Satyanarayana(2002), Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta – 700009.
3. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India-811201
4. T.Krishnamacharya, T.K.V.Deshikachar.,(1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028
5. Dr.S.Radhakrishnan(1948), Bhagavadgeetha, Harper Collins, New Delhi-201307
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8. Swami Ranganathananda(2007), Message of Upanishads, Published by Bharatiya Vidya Bhavan, Bombay-400058
9. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
10. H R Nagendra(2011), Yoga, its Basis and Applications, Vivekananda Kendra, Bangalore-560105
12. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Karopady - 574279.
13. Swami Satyananda Saraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201

YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

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|------------|--|---------------|
| I | Origin and Historical study of Yoga | 12 Hrs |
| | 1) Origin and Historical development of yoga and yogic texts up to Patanjali | |
| | 2) Historical development of yoga in the period of Patanjali. | |
| | 3) Historical development of yoga – Post Patanjali period. | |
| | 4) Comparison between Sankhya and Yoga | |
| II | Evolution theory of Yoga | 13 Hrs |
| | 1) Sankhyayoga – Introduction, 3 fold afflictions, means to overcome afflictions. | |
| | 2) 25 entities according to Sankhya, means of knowledge, Satkaryavada, similarities and dissimilarities of vyakta and avyakta, Triguna, Subtle body. | |
| | 3) Evolution theory of Yoga. | |
| | 4) Isvara, Citta, Buddhi & Manas in Yoga. | |
| III | Kundalini Yoga | 13 Hrs |
| | 1) Historical development, principles of Kundalini yoga. | |
| | 2) System of Nadies, Senses, Chakras, Marmasthanas. | |
| | 3) Function and form of Chakras. | |
| | 4) Prana, its classification, awakening of Kundalini and Samadhi. | |
| IV | Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques | 12 Hrs |
| | 1) Naturopathy, Pranic Healing, Reckhi – Concepts, objects and basics. | |
| | 2) Fundamentals of – Siddha Samadhi yoga, Divya yoga and Sudarshana Kriya yoga. | |
| | 3) Meditational Techniques- Vipasana, Preksha, Transcendental | |
| | 4) Meditational Techniques : Saguna- with statue, light(lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc. | |

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1. Ishwarakrishna (2000), Sankhyakarika, Parimala publication, Delhi-110007
2. Swami Virupakshananda (1995) Samkhyas Karika of Ishwara Krishna. Shri Rama Krishna Math Mylapur, Madras 600004
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YSH454 HUMAN BIOLOGY – II

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|-----------|--|---------------|
| I | Anatomy and Physiology of Central Nervous System | 13 Hrs |
| | <ol style="list-style-type: none"> 1) Anatomy – Gross – Cerebrum, Cerebellum, Spinal cord. 2) Histology – Nerve – structure and properties of neurons – Nerve – Action Potential – Generation – Propagation – Factors influencing, classification of neurons and nerve fibers, Receptors and reflex arc. 3) Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum. 4) Autonomic nervous system – Sympathetic and Parasympathetic. | |
| II | Anatomy and Physiology of Special senses | 12 Hrs |
| | <ol style="list-style-type: none"> 1) Eyes –Anatomy, Histology of retina, Corneal function. 2) Physiology of vision & accommodation. 3) Sense of smell – nasal mucosa; Tongue, taste buds. 4) Ear – Mechanism of hearing and function of semicircular canal. | |

III Anatomy and Physiology of Endocrine System & Reproductive System 13 Hrs

- 1) Gross & Histological anatomy of Thyroid, Parathyroid, Supra – renal, Pituitary, Islets of Langerhans.
Hormones of pituitary gland – its action and effect of hypo & hyper activity on the body.
- 2) Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Role of insulin in glucose metabolism.
Hormones of supra-renal glands and their action and effect of hypo & hyper activity on the body.
- 3) Anatomy – Gross & Histology of Male reproductive system
Spermatogenesis.
- 4) Anatomy – Gross & Histology of Female reproductive system, ovarian hormones; Menstruation, Pregnancy, Parturition, Lactation.

IV Biochemistry 12 Hrs

- 1) Enzymes - Definitions, specificity, inhibitors and activators, Properties of enzymes
- 2) Metabolism - Digestion and absorption of carbohydrates, Proteins and fats.
- 3) Water balance mechanism.
- 4) Electrolyte and Acid-Base balance.

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1. Chatterjee C.C.(1992), Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta-700009.
2. Evelyn C.Pearce (1997), Anatomy and Physiology for Nurses, Jaypee Brothers, P.B.No.7193, Newdelhi 110002.
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4. Prof.A.K.Jain(2002), Human Physiology and Biochemistry, Arya Publications, industrial area, Trilokpur Road, Kala Amb-173030, Sirmour, HP.
5. Guyton and Hall(2012), A text book of Medical Physiology,Pvt Ltd, 305,Rohit Reed, Elsevier India 3 Tolstoy Marg, New Delhi - 110001
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9. Dr. Sembu Lingam (2012), A text of Physiology.

YSP455 PRACTICAL – III : KRIYAS AND ASANAS

I	Selected Kriyas	24 Hrs
	1) Vastradhauti	
	2) Shankhaprakshalana.	
	3) Nauli	
	4) Kapalabhati - variations	
II	Asanas	24 Hrs
	1) Kukkutasana, Marichasana 3	
	2) Marichasana 4, Jatharaparivarthana	
	3) Upavishtakonasana, Baddhakonasana	
	4) Suptapadangusthasana, Suptaparshvasahita	
III	Asanas	24 Hrs
	1) Ubhayapadangusthasana, Urdhwamukha Paschimottanasana	
	2) Bharadwajasana, Ardhamatsyendrasana	
	3) Simhasana, Akarna dhanurasana	
	4) Paryankasana, Shirshasana	

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1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
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YSP456 PRACTICAL – IV: ASANAS.

I	Asanas	24 Hrs
	1) Surya namaskara – 12 vinyasa	
	2) Utkatasana, Natarajasana	
	3) Vatayanasana, Parighasana	
	4) Yogamudra, Garbhapindasana	
II	Asanas	24 Hrs
	1) Kraunchasana, Mayurasana	
	2) Laghuvajrasana, Kapotasana	
	3) Paschimottanasana – III, Nakrasana	
	4) Matsyendrasana, Vishwamitrasana	
III	Asanas	24 Hrs
	1) Gomukhasana, Parvatasana	
	2) Chakrasana, Garudasana	
	3) Ekapadashirshasana, Dwipadashirshasana	
	4) Yoganidrasana, Suptakonasana	

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YSE457

YOGA FOR PERSONAL HEALTH

I Origin and Historical study of Yoga

16 Hrs

- 1) Yoga-Meaning, Definition, Aim, Concepts, Misconcepts.
- 2). Origin and Historical development of yoga and yogic texts up to Patanjali
- 3) Historical development of yoga in the period of Patanjali and Post Patanjali.
- 4) Astanga yoga

II	Schools of Yoga	16 Hrs
1)	Hathayoga	
2)	Karmayoga	
3)	Jnanayoga	
4)	Bhaktiyoga	
III.	Concept of Food and Health	18 Hrs
1.	Nutrition – Macro nutrients in diet – Carbohydrate, Protein, Fat	
2.	Nutrition –Micro nutrients in diet - Vitamins, Minerals	
3.	Concept of Mitahara and Pathyapathya, Concept of Food and Triguna	
4.	Health – Definitions according Indian System and Modern System	

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1. Swami Vivekananda(1982), Rajayoga Ramakrishna Ashrama Publications, 5 Dehi entally Road,Kolkata-700014.
2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama,Lonavala-410403
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SPECIALISATION: YOGA THERAPY

III SEMESTER

YSH501A BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

- | | | |
|------------|---|---------------|
| I | Basics of Jnanayoga | 12 Hrs |
| | 1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatushtaya, Subject matter, Qualification for study of Jnana Yoga. | |
| | 2) Guru, Adhyasa, Samasti and Vyasti aspects of Adhyasa. | |
| | 3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory | |
| | 4) Steps to realization, Samadhi and its obstacles. | |
| II | Yogic methods in Upanishats | 13 Hrs |
| | 1) Nadabindupanishat | |
| | 2) Dhyanaabindhupanishat | |
| | 3) Kathopanishat | |
| | 4) Shwethshwatara upanishat | |
| III | Yogic methods in Yogavasistha | 12 Hrs |
| | 1) Citta, its qualities, Cittavikaras, Cittacikitsa. | |
| | 2) Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha Jivanmukta. | |
| | 3) Yoga and its explanation, Jnana, Indriya and Vairagya. | |
| | 4) Jnana, Suk Yogopadesa, Nirvana, Visranti. | |
| IV | Yoga therapy concepts in classical text | 13 Hrs |
| | 1) Patanjala yogasutra | |
| | 2) Hathayogapradipika | |
| | 3) Gheranda Samhita | |
| | 4) Shivayoga dipika | |

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2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
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15. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
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17. Nikhilananda Swami (2006), Vedanta-Sara of Sadananda Yogindra, Advaita ashrama, 5 Dehi Entally Road, Kolkata 700014
18. Swami Harshananda(1995) , Vedanthasara of Sadananda, Sri Rama Krishna Ashram, Yadavagiri, Mysore - 5700020.

YSS502A BASIC PRINCIPLES OF YOGA THERAPY

I Basic Principles 15 Hrs

- 1) Sadvimsati tatva theory
- 2) Panchakosha theory
- 3) Tridosha theory
- 4) Application of the three theories.

II Food System and Health Management 20 Hrs

Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following:

- 1) Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- 2) Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- 3) Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva, Tulasi, Guduchi, Tila, Nimba, Maricha.
- 4) Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

III Principles of Yoga Therapy 15 Hrs

- 1) Principles of Yoga therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.
- 2) Dinacarya, Sadvrtta, Abhyanga, Vyayama.
- 3) Rtucarya, Rtusandhi
- 4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

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2. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi-221001
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13. Hutchison(2012), Hutchison's Clinical Methods, Elsevier Ltd.
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YSS503A MODERN APPROACH OF HEALTH SYSTEM

- | | | |
|----------|---|---------------|
| I | Examination of a Patient and Review of Systems | 15 Hrs |
|----------|---|---------------|
- 1) Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep
 - 2) Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data
 - 3) General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions were relevant.
 - 4) Review of - Gastrointestinal system, Cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases

II. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 20 Hrs

- 1) Hypertension, Cardiac Disorders.
- 2) Diabetes Mellitus, Obesity
- 3) Br.Asthma, Constipation
- 4) Arthritis, Peptic Ulcer

III. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 15 Hrs

- 1) Backache, Spondylitis and Spondylosis
- 2) Depression, Anxiety, Insomnia
- 3) Menstrual disorders
- 4) Thyroid problems, Sexual disorders.

REFERENCE BOOKS

1. Davidson(1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
2. Apley(2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.
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6. Yogendra, Yoga Essays, Yoga Institute, Santacruz, Bombay-400055
7. M.M.Gore(2012), Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavala, Pune-410403
8. K.N.Udupa (2007), Stress and its Management by Yoga, Mothilal Banarsidas, Delhi-110007
9. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi-221001
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12. Bhat. K. Krishna Bhat (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi -574279.

13. Harsha Mohan (1995), Text Book of Pathology, Jaypee brothers, Medical Publishers (P) Ltd. B – 3, EMCA House, 23/23B, Ansari Road, Dariyaganj, PB no.7193, New Delhi – 110002.
14. J Maheshwari(2011), Essential Orthopaedics, Jaypee brothers Medical Publishers (P) Ltd, 4838/24, Ansari Road, Dariyaganj, New Delhi – 110002.
15. Yash Pal Munjal(Ed in Chief) (2012) Text Book of Medicine, vol 1 & vol 2, 9th edition. The association of Physicians of India, Turf Estate # 6 & 7, Off Dr. E. Moses Road, opp Shakti Mills Comp, Near Mahalaxmi Station (west), Mumbai 400 011.

YSS504A

YOGA THERAPY PRACTICES

I Effect of yogic practices on following systems 20 Hrs

- 1) Musculoskeletal system, Nervous system
- 2) Endocrine system, Reproductive system
- 3) Digestive system, Excretory system
- 4) Respiratory system, Circulatory system

II. Indian and Yogic approach of the following diseases with treatment and management 15 Hrs

- 1) Diabetes Mellitus, Br.Asthma
- 2) Hypertension, Cardiac Disorder
- 3) Backache, Arthritis.
- 4) Obesity, Peptic Ulcer

III. Indian and Yogic approach of the following diseases with treatment and management 15 Hrs

- 1) Depression, Anxiety, Insomnia
- 2) Gastritis, Constipation
- 3) Menstrual disorders.
- 4) Thyroid problems, Sexual disorders.

REFERENCE BOOKS

1. Davidson(1999), Principles & practice of Medicine, Churchil Livingstone, Harcourt Brace and Company
2. Apley(2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.
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8. K.N.Udapa (2007), Stress and its Management by Yoga, Mothilal Banarsidas, Delhi-110007
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YSP505A PRACTICAL – V : BANDHAS AND MUDRAS

I	Bandhas	24 Hrs
	1) Mula Bandha	
	2) Uddiyana Bandha	
	3) Jalandhara Bandha	
	4) Jihva Bandha	
II	Mudras	24 Hrs
	1) Mahamudra	
	2) Viparitakarani	
	3) Shanmukhimudra	
	4) Tadagi mudra and kaki mudra	

III Mudras and Bandhas

24 Hrs

- 1) Mahabandha, Mahavedha
- 2) Bhunjangini, Ashwini
- 3) Yonimudra
- 4) Mandukimudra

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. Sadashiva Brahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
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5. Prof.Pattabhi Jois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
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8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
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YSP506A PRACTICAL – VI : PRANAYAMA & MEDITATION

I	Pranayama	24 Hrs
	1) Recaka Kumbhaka	
	2) Puraka Kumbhaka	
	3) Ujjayi	
	4) Nadisuddhi	
II	Pranayama	24 Hrs
	1) Suryabhedana	
	2) Candrabhedana	
	3) Sitali	
III	Pranayama	24 Hrs
	1) Bhastrika	
	2) Bhramari	
	3) Sitkari	
IV	Meditation	24 Hrs
	1) Pranava	
	2) Soham	
	3) Akashadharana, Vayavidharana	
	4) Yoganidra	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
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YSE507 SCIENTIFIC APPROACH OF YOGA

I. Basis of Yoga Therapy 15 Hrs

1. Sadvimsati tatva theory
2. Tridosha theory
3. Pancakosa theory
4. Application of the three theories.

II Principles of Yoga Therapy 20 Hrs

- 1) Dinacarya, Sadvrtta.
- 2) Abhyanga, Vyayama
- 3) Rtucarya
- 4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

III. Effect of Yogic practices on the following systems 15 Hrs

- 1) Digestive system
- 2) Respiratory system
- 3) Circulatory system
- 4) Nervous system

REFERENCE BOOKS:

1. Swami Vivekananda(1982), Rajayoga Ramakrishna Ashrama Publications, 5 Delhi entally Road,Kolkata-700014.
2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama,Lonavala-410403

- 3.Swami Satyananda(1983), Four chapters on Freedom (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger-811201
- 4.Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta-700019
- 5.Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur-273005
- 6.Taimini.I.K(1961), The Science of Yoga,Theosophical Publishing House, Adyar, Madras-600020
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- 22.O.P.Tiwari(1991), Asana, Why & How, Kaivalyadhama, Lonavala-410403
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24. Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.

IV SEMESTER

YSS551A SCIENTIFIC STUDIES IN YOGIC SCIENCE - I

I	Introduction	18 Hrs
	1) Introduction to research process	
	2) Different types of studies in Yoga.	
	3) Importance of Experimental and Control groups	
	4) Literature survey in Yoga	
II	Statistics	16 Hrs
	1) Introduction	
	2) Measures of Central tendency	
	3) Measures of Dispersion	
	4) Processing operations	
III	Scientific studies in Yoga	16 Hrs
	1) Scientific studies in Yoga - procedure	
	2) Procedure for publication in Yoga	
	3) Hypothesis, Level of significance, Types of errors	
	4) Statistical tests: t-test, ANOVA.	

REFERENCE BOOKS

1. Kothari, C.R. (1985), Research Methodology, Methods & Techniques, Wishwa Prakashan, New Delhi-110002
2. SMYM Samiti, Yoga Mimamsa, Kaivalyadhama.
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YSS552A SCIENTIFIC STUDIES IN YOGIC SCIENCE - II 50Hrs

Analysis of 10 Research works in Yoga
(Decided by the BOS)
Presentation and Discussion

YSS553A SCIENTIFIC STUDIES IN YOGIC SCIENCE - III 50Hrs

Presentation of Yoga modules
(Decided by the BOS)

YSS554A PRACTICAL – VII : ADVANCED PRACTICES

I Pranayama (Advanced) 24 Hrs

- 1) Ujjayi
- 2) Suryabhedana
- 3) Candrabhedana
- 4) Nadisuddhi

II Pranayama (Advanced) 24 Hrs

- 1). Bhastrika
- 2) Bhramari
- 3) Sitali
- 4) Sitkari

III Meditation (Advanced) 24 Hrs

- 1) Pranava
- 2) Soham
- 3) Sthuladhyana
- 4) Sukshmadhyana

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
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YSS555A PRACTICAL - VIII : INSTRUMENTS

60Hrs

Experiments Using the Following Instruments

- 1) Height, Weight, B.M.I
- 2) Temperature
- 3) B.P.reading.
- 4) E.C.G.
- 5) Treadmill
- 6) Spiro meter
- 7) Blood Analysis
- 8) Polyride

YSP556A DISSERTATION / PROJECT WORK

CBCS (All theory Papers)
MODEL QUESTION PAPER

Time: 3hours

Max Marks: 75

.....
I. Answer the following Questions in one word/one sentence each/ fill in the blanks

1X10=10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

II. Write short notes to any SEVEN of the following

5X7=35

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

III. Explain any THREE of the following

10X3=30

- 1.
- 2.
- 3.
- 4.
- 5.
