

# DEPARTMENT OF STUDIES IN YOGIC SCIENCE SHIVAGANGOTHRI, DAVANGERE – 577 007

## **Proceedings**

Proceedings of PG board of studies in Yogic Science were held on 12.09.2024, through online with the following committee.

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The Following agenda has been discussed and unanimously resolved as follows.

Agenda-1

: M.Sc. Yogic Science Syllabus

Decision

: Academic year 2024-2025 approved syllabus without any

Change and approved unanimously

Agenda-2

: Approval of examiners list

Decision

: Approved list enclosed

Agenda-3

: M.Sc. Yogic Science (CBSC) Course Structure

Decision

: Approved Course Structure of M.Sc. Yogic Science is enclosed

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Davangere University Skivagangotri, Davangere-577007.

## M.SC. YOGIC SCIENCE (CBCS) COURSE STRUCTURE (2024-25 ONWARDS)

<u>.</u>		•		Ma	ırks			
Semester	Subject /paper Code	Title of the paper	Instruction Hrs./Week	Examination	Internal	Total Marks	Credits	Examination (Hrs)
		Theory Pap	ers					
	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	BASICS RELEVANT TO YOGIC	4	70	30	100	4	3
		SCIENCE-I						
	YS1.4	HUMAN BIOLOGY – I	4	70	30	100	4	3
		Pra	ctical					
ster		Pa	per					
I Semester	YSP 1.5	KRIYAS AND ASANAS	8	80	20	100	4	3
IS	YSP 1.6	ASANAS	8	80	20	100	4	' 3
	Mandatory	Credits: English Language	2				2	
		Communication Skill						
		Theory P	apers					
	YS 2.1	FOUNDATION OF YOGIC SCIENCE-III	4	70	30	100	4	3
	YS 2.2	BASICS RELEVANT TO YOGIC	4	70	30	100	4	3
	YS 2.3	BASICS OF INTEGRAL APPROACH	4	70	30	100	4	3
		TOYOGIC SCIENCE-I		70	30	100	·	
	YS 2.4	HUMAN BIOLOGY – II	4	70	30	100	4	3
er		Pra	ctical		•			
nest		Pa	per					
II Semester	YSP 2.5	KRIYAS AND ASANAS	8	80	20	100	4	3
	YSP 2.6	ASANAS.	8	80	20	100	4	3
	Mandatory C	redits: Computer Skill	2				2	

Co-ordinator
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Slus

BOS Chairman Yogic Science Davangere University Shivagangotri, Davangere-577007,

Registrar
Davangere University
Shivagangotri, Davangere

#### M.SC. YOGIC SCIENCE (CBCS) COURSE STRUCTURE (2024-25 ONWARDS)

_		٠		Ma	arks			
Semester	Subject /paper Code	Title of the paper	Instruction Hrs./Week	Examination	Internal Assessment	Total Marks	Credits	Examination (Hrs)
		Theory	Papers					
	YS 3.1	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II	4	70	30	100	4	3
	YS 3.2	BASIS PRINCIPLES OF YOGA THERAPY	4	70	30	100	4	3
	YS 3.3	MODERN APPROACH OF HEALTH SYSTEM	4	70	30	100	4	3
1	YS 3.4	YOGA THERAPY PRACTICES	4	70	30	100	4	3
III Semester	YSE 3.5	YOGA FOR PERSONAL (Interdisciplinary Elective Paper)	2	40	10	50	2	2
E	Practical Paper							
	YSP 3.6	BANDHAS AND MUDRAS	8	80	20	100	4	3
	YSP 3.7	PRANAYAMA & MEDITATION	8	80	.20	100	4	3
		Theory Papers & Project work	k/Disserta	ntion				6
	YS 4.1	SCIENTIFIC STUDIES IN YOGIC SCIENCE -	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 -	4	70	30	100	4	3
Semester	YSP 4.4	PROJECT WORK/DISSERTATION	6	70	30	100	6	3
eme		Practical Paper & Study To	our/Field	Visit				
IVS	YSP 4.5	ADVANCED PRACTICES	8	80	20	100	4	3
	YSP 4.6	INSTRUMENTS	4	40	10	50	2	3
		Study Tour/Field Visit						
	Mandatory Cr	redits: Personality Development	2				2.	
	Total Credits	for the Course	134			2400	104	

Department of Yogic Science Davangere University, Shivagangothm, Davangere-577 007 BOS Chairman Yogic Science Davangere University Shivagangotri, Davangere-577007.



# Shivagangotri, Davangere-577 007, Karnataka M.Sc. Yogic Science (Academic Year 2024 onwards)

# Semester scheme with Choice-Based Credit System(CBCS)

## **Course Structure**

## M. Sc Yogic Science I Semester

	Subject/Paper Code	Title of the Paper	Instruction Hrs./week	Examination	Internal ssessment ar	Fotal Marks	Credits	duration (Hrs.)
	S			Exa	I	Tol		ınp
		THEORY PAPERS & PROJECT W	ORK/	DISS	ERTA	TION		
	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
- <u>-</u> -	YS 1.4	Human Biology-I	4	70	30	100	4	3
E		PRACTICAL PAI	PERS					
S	YS 1.5	Kriyas And Asanas	8	80	20	100	2	3
M. M.	YS 1.6	Asanas	8	80	20	100	2	3
SEMESTER-I	Mandate	ory Credits: Personality Development	2				2	-
								-
							26	-
			34			600	26	

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# Shivagangotri, Davangere-577 007, Karnataka M.Sc. Yogic Science (Academic Year 2024 onwards) Semester scheme with Choice-Based Credit System (CBCS)

# **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
PSO-2	anatomy and physiology.  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.  Three fold activity in the field of yoga namely therapy teaching & research. Job
PSO-3	Three fold activity in the field of yoga fiamery therapy tectors 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
PO -2	physiology.  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.
1	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 I SEMESTER

#### Course Code: YS 1.1 FOUNDATION OF YOGIC SCIENCE-I

#### **Course objectives**

- To provide students with the basic knowledge of yoga through Fundamental of classical text books and teaching
- Introduction of 8 limbs of the yoga through Patanjali yoga sutra.
- To impart knowledge on patanjali yoga sutra. Study on purusha ,prakrithi and chitta and its modification

#### I Introduction to Yoga Sutra

17 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, Sukshmavishayatwa, 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

17 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

15 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 – Chapter IV.

#### **Course outcomes**

CO-1	Understanding the true meaning of yoga.
CO-2	To have the theoretical knowledge about the process of attaining Samadhi by following the steps laid down by sage patanjali.
CO-3	Understand the various obstacles in the way of attaining yoga and how to overcome by concentrated chitta
CO-4	The theoretical knowledge about the psychological aspects about one's chitta and its modification. Also knowledge of state of chitta, their application, attaining of kaivalya.

- 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, Advaitha Ashrama Calcutta-700014
- 7. Swami Vivekananda (1998), Rajayoga Conquering the Internal nature, Advaitha 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.

## M.Sc. YOGIC SCIENCE

#### **I SEMESTER**

#### YS 1.2 FOUNDATION OF YOGIC SCIENCE-II

#### Course objectives

- To provide students with the basic knowledge of yoga through Fundamental classical texts
- Introduction to hatayoga & 4 limbs of yoga through Hatapradipika
- A detailed study on Hathapradipika.
- Study of Asanas, Kriyas, Pranayamas, mudras and Nadhanusandhana.

#### I Introduction to Hatha yoga, Asanas

17 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

17 Hrs

- 1. Benefits of Pranayama, Nadishuddi 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.
- 3. Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam.

#### III Kundalini, Mudras and Bandhas

15 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

15 Hrs

- 1. Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Amaroli.
- 2. Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya.
- 3. Shambhavimudra, Unmani, Khechari, Nadanusandhana, Characterstics of Nada, Pratyahara.
- 4. Different types of Nada, Condition of Yogi in Unmani Avastha, Realisation.

#### Course outcome

Understanding the relationship between Hatha yoga and raja yoga.
knowledge about the basic requirements of a yogi for the practice Hathayoga, Asanas
Foundation for a yogi for the practice kriyas, Pranayamas.
The theoretical knowledge of the practice of selected mudras and bandhas.
The theoretical knowledge about the methods and types to reach the state of Samadhi and their applications.

- 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 Paramahamsa 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

# M.Sc. YOGIC SCIENCE I SEMESTER

#### YS 1.3 BASICS RELEVANT TO YOGIC SCIENCE-I

#### **Course Objectives**

- To develop the ability of reading and understanding of classical texts of yoga in the original language.
- To learn basics of Sanskrit.
- Introduction and brief knowledge about the different schools of yoga.

#### I Basics of Sanskrit - I

17 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, Sey, Kshi, Pracch, Tus, Kath, Chint, Kr.

#### II Basics of Sanskrit - II

**17 Hrs** 

- 1. Avyayas in Sanskrit Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.
- 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

15 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 15 Hrs

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

#### **Course Outcome**

CO-1	Understanding of the basic Sanskrit language
CO-2	Enhaced learning the ability to analyse and understand the classical texts.
CO-3	Obtaining the knowledge about yogic concepts as explained in Bhagavad gita.
CO-4	Obtaining the knowledge of different schools of yoga.

- 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.

# M.Sc. YOGIC SCIENCE I SEMESTER

#### YS 1.4 HUMAN BIOLOGY - I

#### Course objectives

- To understand anatomy and physiology of the muscular skeletal system.
- The blood, immune system and cardiovascular system.
- Anatomy and mechanism of respiratory and excretory systems.
- To study anatomy and physiology of digestive system.

#### I Anatomy & Physiology of Musculo-Skeletal System

15 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 15 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 17 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

17 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.

#### Course outcome:

CO-1	Understand anatomy and physiology of human muscular-skeletal system.			
CO-2	Understand immune system, cardiovascular system, respiratory system, excretory and digestive system.			
CO-3	Anatomy and physiology of all systems of human body in relation to yogic practices			

- 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)

# M.Sc. YOGIC SCIENCE

#### I SEMESTER

#### YSP 1.5 PRACTICAL – I : KRIYAS AND ASANAS

#### **Course Objectives:**

- Practice of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

#### 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, Bhekasana
- 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

#### **Course Outcome:**

CO-1	Performance of Kriyas and Asanas systematically.				
CO-2	Students are able to describe and demonstrate the procedures of selected Kriyas and Asanas.				
CO-3	Application of the Kriyas and Asanas therapeutically according to the individual requirement.				

- 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 18the street, New York 10011.
- 5. B.K.S.Iyangar (1966), Light on Yoga . Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
- 6. B.K.S.Iyangar(1999), Light on Pranayama, Harper Collins, New Delhi, -201307
- 7. 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 Dhirendra Brahmachari(1953), Yogasana Vijnana, Dhirendra 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

#### M.Sc. YOGIC SCIENCE

#### I SEMESTER

#### YSP 1.6 PRACTICAL - II: ASANAS

#### **Course Objectives:**

- •To train students in certain Asanas, classical references to the Asanas.
- •To make the students to understand the method of Asana practice.
- •To have references for the practices.

I Asanas 24 Hrs

- 1. Yaugika Suryanamaskara 17 Vinyasa
- 2. Padangusthasana, Padahastasana
- 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. Bhujapeedasana, Kurmasana
- 2. Setubandhasana
- 3. Viparitakarani, Salamba Sarvangasana
- 4. Halasana, Shavasana II

#### **Course Outcome:**

CO-1	Perform the asanas scientifically and systematically.
CO-2	Describe and demonstrate the procedures of the Asanas.
CO-3	Application of asanas therapeutically according to the individual requirement.
CO-4	Understand and improve of health and concentration.

- 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 18the street, New York 10011.
- 5. B.K.S.Iyangar (1966), Light on Yoga . Harper Collins publication, 77-85Fulham Palace road, London W6 8JB.
- 6. B.K.S.Iyangar(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 Dhirendra Brahmachari(1953), Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi-110001
- 11. O.P.Tiwari, (1991) Asana, Why & How, Kaivlyadhama, 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 Burea (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi 110002



# Shivagangotri, Davangere-577 007, Karnataka M.Sc. Yogic Science (Academic Year 2024 onwards)

## Semester scheme with Choice-Based Credit System(CBCS)

#### **Course Structure**

### M. Sc Yogic Science II Semester

						Mark	S		
Subject/Paper	Subject/Paper Code		Title of the Paper		Examination	Internal Assessment	Total Marks	Credits Examatination	duration (Hrs.)
			THEORY PAPE	RS					
	YS 2	2.1	Foundation of Yogic Science-III	4	70	30	100	4	3
<b>-</b>	YS 2	2.2	Basic Relevent to Yogic Science-II	4	70	30	100	4	3
SEMESTER-II	YS 2	2.3	Basic of Integral Approch to Yogic Science-I	4	70	30	100	4	3
1E	YS 2	2.4	Human Biology-II	4	70	30	100	4	3
EN	PRACTICAL PAPERS								
. 02	YSP	2.5	Kriyas And Asanas	8	80	20	100	4	3
	YSP	2.6	Asanas	8	80	20	100	4	3
	Man	dato	ory Credits: Computer Skill	2				2	-
									-
				3 4			600	26	

BOS Chairman Yogic Science Davangere University Shivagangotri, Davangere-577007.

#### M.Sc. YOGIC SCIENCE <u>II SEMESTER</u>

#### **YS 2.1 FOUNDATION OF YOGIC SCIENCE-HI**

#### Course Objectives:

- •To obtain basic knowledge of classical texts of yoga.
- Eloborated study of classical texts Gheranda Samhita and Sivayoga Dipika.
- •To gain proper knowledge about Evolution of Sivayoga.
- •Study of Seven limbs and yogic practices of Gheranda samhita.

#### I Ghatayoga and its applications - I

15 Hrs

- 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

15 Hrs

- 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

17 Hrs

- 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

17 Hrs

- 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.

#### Course Outcome:

CO-1	Aquire knowledge of classical texts Gheranda Samhita and Sivayoga Dipika.			
CO-2	Gain the theoretical knowledge of different limbs of yoga according to Ghatayoga.			
CO 3	Knowledge of classification of kriya, Mudras Evolution theory, bahyayoga.			
CO-4	2-4 Knowledge of math(place of practice), means to control chitta and other relevant points.			
CO-5	Improvement of character, regular practice, development of sincerity.			

- 1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
- Swami Niranjananda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
- 3. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
- 4. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
- 5. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune 410403.
- 6. Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahamsa Alakh Bara, Deoghar-814113
- 7. Swami Adidevananda(1998), Patanjala Yoga Darshana Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore 570020.
- 8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201

#### M.Sc. YOGIC SCIENCE II SEMESTER

#### YS 2.2 BASICS RELEVANT TO YOGIC SCIENCE - II

#### **Course Objectives:**

- •To introduce Dietetics and nutrition in modern concept.
- •To provide Knowledge of Swara yoga and Yoga Rahasya.
- •Knowledge of ancient food system and concept of health and Philosophy of yogic science.

#### I Fundamentals of Dietics and Nutrition - Modern Concept

17 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**

15 Hrs

15 Hrs

- 1. Food and Triguna
- 2. Food and Tridosa
- 3. Yogic Diet Pathya and Apathya
- 4. Sadrasa, Pancamahabhuta and Food.

#### III Swara Yoga and Yoga Rahasya 17 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

- 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

#### **Course Outcome:**

CO-1	Application of diet in yoga therapy.
CO-2	Relationship between food, pancamahabhuta, shadrasa.
CO-3	Traditional therapeutical concept in the selected traditional texts and application of yoga therapy

- 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
- 6. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune 410403
- 7. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala 410403.
- 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
- 11. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Karopady 574279.
- 12. Swami Satyananda Saraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201

#### M.Sc. YOGIC SCIENCE II SEMESTER

#### YS 2.3 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

#### **Course Objectives:**

- Origin and Historical development of Yoga and Yogic science.
- Sequential development of Yogic science with fundamentals of Yoga.
- Knowledge of energy, Nadis and fundamentals of various therapy techniques.

#### I Origin and Historical study of Yoga

17 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. Comparision between Sankhya and Yoga

#### II Evolution theory of Yoga

15 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

15 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

17 Hrs

- 1. Naturopathy, Pranic Healing, Reckhi Concepts, objects and basics.
- 2. Fundamentals of Siddha Samadhi yoga, Divya yoga and Sudarshana Kriva yoga,
- 3. Meditational Techniques-Vipasana, Preksha, Transcendental
- 4. Meditational Techniques: Saguna- with statue, light(lamp) etc. and Nirguna -without object Svasa, Pranava, Soham etc.

#### Course Outcome:

CO-1	Therapy concepts of Indian traditional system
CO-2	Basic concepts of Yoga therapy.
CO-3	Knowledge of various therapeutical methods of yoga.

- 1. Ishwarakrishna (2000), Sankhyakarika, Parimala publication, Delhi-110007
- 2. Swami Virupakshananda (1995) Samkhya Karika of Ishwara Krishna. Shri Rama Krishna Math Mylapur, Madras 600004
- 3. Chandradhara Sharma (1987), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007

- 4. Swami Janananda(1938), Philosophy of Yoga, Sri Ramakrishnasharma Publications, Calcutta-711202
- 5. S.N.Dasgupta(1924), Yoga as a Philosophy and Religion, Motilal Banarsi das publications, Delhi-110007
- 6. Swami Krishnananda(1973), A short history of religions and Philosophic thought in India: The divine Life Society. Devine Life Society, Shivanandanagar, Rishikesh-249192
- 7. M.P.Pandit(2002), Kundalini Yoga, Ganesh & Co., Madras-600094
- 8. Sir John Woodroffe (2000), The Serpent Power, Ganesh and company, Madras-600094.
- 9. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
- 10. Hall and Lindzey(1997), Theories of Personality, Wiley Eastern Ltd., New Delhi-110002
- 11. Stanger, R & Solley C.M. (1970), Basic Psychology, Tata Solley Charles M .JtAr. Mcgraw Hill, New Delhi- 110002.
- 12. Zimbardo(1979), PGI Psychology and life, Foresonam Co., Illinvi.
- 13. Swami Atmananda(1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay-400007
- 14. Bhat K Krishna(2006), The Power of Yoga, Suyoga Publications, Mangalore.-574279

#### M.Sc. YOGIC SCIENCE <u>II SEMESTER</u>

#### YS 2.4 HUMAN BIOLOGY – II

#### **Course Objectives:**

- •To study the structure, anatomy and physiology of Central Nervous system.
- To gain the knowledge the anatomy and physiology of Special senses.
- Endocrine and Reproductive system and knowledge of Biochemistry

#### I Anatomy and Physiology of Central Nervous System

17 Hrs

- 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

15 Hrs

- 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 17 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 harmone, 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 harmones; Menstruation, Pregnancy, Parturition, Lactation.

#### IV Biochemistry

15 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

#### **Course Outcome**

CO-1	Anatomy and physiology of Central Nervous system, Special senses, Endocrine and Reproductive system.
CO-2	Biochemistry with respect to Enzymes, Metabolism, water balance, electrolyte and Acid-Base balance.
CO-3	Anatomy and physiology of human body in relation to different yogic practices.

- 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.
- 3. Ann B Menaught (1991), Illustrated Physiology.
- 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
- 6. Shirley Telles(1995), A Glimpse of the Human body ,V.K. YOGAS, Bangalore-560019
- 7. Gerald J.Tortora(1990), Nicholas P. Anagnostakos, Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
- 8. Ross and Wilson (2006), Anatomy and Physiology in Health and Illness, 10th edition, Elseiver Publication. New York.
- 9. Dr. Sembu Lingam (2012), A text of Physiology.

#### M.Sc. YOGIC SCIENCE II SEMESTER

#### YSP 2.5 PRACTICAL – III: KRIYAS AND ASANAS

#### Course objectives

- Basic knowledge of kriyas and yogasana.
- Practical knowledge and practices of yogic kriyas and yogasanas.
- Traditional knowledge about asanas, kriyas and applications.

#### 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, Jatharaparivartha
- 3. Upavishtakonasana, Baddhakonasana
- 4. Suptapadangusthasana, Suptaparshvasahita

#### III Asanas

24 Hrs

- 1. Ubhayapadangushtasana, Urdhwamukha Paschimottanasana
- 2. Bharadwajasana, Ardhamatsyendrasana
- 3. Simhasana. Akarna dhanurasana
- 4. Paryankasana, Shirshasana

#### Course outcome

CO-1	Understand and demonstrate proper procedure of various kriyas and asana.
CO-2	Understand how to apply various kriyas and asana according to individual requirement for therapeutical purposes.
CO-3	Perform the kriyas and asanas systematically.

- 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 18the street, New York 10011.
- 5. B.K.S.Iyangar (1966), Light on Yoga . Harper Collins publication, 77-85Fulham Palace road, London W6 8JB.
- 6. B.K.S.Iyangar(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 Dhirendra Brahmachari(1953), Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi-110001
- 11. O.P.Tiwari, (1991) Asana, Why & How, Kaivlyadhama, 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 Burea (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi 110002

#### M.Sc. YOGIC SCIENCE II SEMESTER

#### YSP 2.6 PRACTICAL - IV: ASANAS

#### Course objectives

- To train of students with selected asanas and there classical references to the asanas.
- To make the students to understand proper procedure of asana practice.
- To understand and analyse classical references.

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

#### Course outcome

CO-1	Understand and demonstrate proper procedure of various asanas.
CO-2	Learning about self improvement.
CO-3	Understand how to apply various asanas according to the individual requirement for therapeutical purpose.

- 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 18the street, New York 10011.
- 5. B.K.S.Iyangar (1966), Light on Yoga . Harper Collins publication, 77-85Fulham Palace road, London W6 8JB.
- 6. B.K.S.Iyangar(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 Dhirendra Brahmachari(1953), Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi-110001

11. O.P.Tiwari,(1991) Asana, Why & How, Kaiylyadhama, 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



Shivagangotri, Davangere-577 007, Karnataka M.Sc.
Yogic Science (Academic Year 2024 onwards)
Semester scheme with Choice-Based Credit System
(CBCS)

## **Course Structure**

## M. Sc Yogic Science III Semester

	_	_			Mark	S		
	Subject/Paper Code	Title of the Paper	Instruction Hrs./week	Examination	Internal Assessment	Total Marks	Credits	duration (Hrs.)
		THEORY PAPE	CRS					
	YS 3.1	Basic of integral Approch to Yogic Science-II	4	70	30	100	4	3
SEMESTER-III	YS 3.2	Basic Principles of yoga therapy	4	70	30	100	4	3
TE	YS 3.3	Modern Approch of Health System	4	70	30	100	4	3
ES	YS 3.4	Yoga Therapy Practices	4	<b>70</b>	30	100	4	3
M		·						
SE		PRACTICAL PAI	PERS					
	YSP 3.5	Bandhas and Mudras	8	80	20	100	4	3
	YSP 3.6	Asanas	8	80	20	100	4	3
	ELECTIVE PAPER							
	YSE 3.7	Yoga for Personal Health (Interdisciplinary Elective Paper)	2	40	10	50	2	2
			34			650	26	

BOS Chairman Yogic Science Davangere University Shivagangotri, Davangere-577007.

# M.Sc. YOGIC SCIENCE III SEMESTER

#### YS 3.1 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

#### Course Objectives:

- To know the basic of Jnanayoga
- Realization Samadhi
- Importance of Yoga concept in Upanishats
- Interpretation of Yogic therapies in classical texts.

#### I Basics of Jnanayoga

15 Hrs

- 1. Jnanayoga Introduction, Prasthanatraya, Anubandhachatustaya, 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

17 Hrs

- 1. Nadabindupanishat
- 2. Dhyanabindhupanishat
- 3. Kathopanishat
- 4. Shwethshwatara upanishat

#### III Yogic methods in Yogavasistha

**17 Hrs** 

- 1. Citta, its qualities, Cittavikaras, Cittacikitsa.
- 2. Manas, Rupa, Existance, 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

15 Hrs

- 1. Patanjala yoga sutra
- 2. Hathayogapradipika
- 3. Gheranda Samhita
- 4. Shivayoga dipika

#### **Course Outcome:**

CO-1	Jnanayoga helps to realize our eternal knowledge
CO-2	Yogic methods in selected Upanishads
CO-3	By Understanding yogic methods present in Yoga vashista develop the skill to
	control the thought process

- 1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
- 2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
- 3. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
- 4. Dashopanishath, Chaukamba Oriental Series, Varanasi-221001

- 5. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited. Delhi-110007
- 6. Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
- 7. S.N.Dasgupta(2002), Yoga as a Philosophy and Religion, Calcutta 711202.
- 8. Krishna Chaitanya (1986), Gita for Modern man, Clarion Books, New Delhi-110003
- 9. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society Shivanandanagar, Rishikesh-249192
- 10. H.R.Nagenera(2011), Basis and Applications of Yoga, Published by SVYASA, Bangalore-560019
- 11. Srimadvalmiki, Yogavasista, Vol.1 & 2., Munshiram, Manoharlal Publishers, Pvt. Ltd., New Delhi 110 002.
- 12. Pandit Mahadeva Shastri(2000), Yogopanisats, the Adyar Library and B.A. Research Centre, Adyar, Madras –600020
- 13. Swami Satyananda Saraswati(2002), Asana, Pranayama, Bandha & Mudra, Bihar School of Yoga, Munger-811201
- 14. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 15. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 16. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
- 17. Nikhilananda Swami (2006), Vedanta-Sara of Sadananda Yogindra, Adviata ashrama, 5 Dehi Entally Road, Kolkata 700014
- 18. Swami Harshananda(1995), Vedanthasara of Sadananda, Sri Rama Krishna Ashram,
- 19. Yadavagiri, Mysore 5700020.

# M.Sc. YOGIC SCIENCE III SEMESTER

#### YS 3.2 BASIC PRINCIPLES OF YOGA THERAPY

#### **Course Objective:**

- To Know the basic virtues of Yoga Therapy
- Concepts of food System and Health Management
- Daily rotine and Seasonal

#### 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

32 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

17 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
- 5. Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

#### **Course Outcome:**

CO-1	Knoweldge of Yoga Therapy and its application in real life	
CO-2	CO-2 Understanding Daily routine and shaping the better Lyfestyle with yog	
	Practice	

- 1. Swatmarama(1998), Hathayoga Pradipika, Kaivalyadhama, Lonavala, Pune-410403
- 2. Vagbhata(1997), Astanga Hridaya, Chowkhamba Sanskrit Series, Varanasi-221001
- 3. Dr.V.B.Athavale(2004), Basic Principles of Ayurveda, Chaukamba Sanskrit Pratishtan, Delhi-110007
- 4. Charaka, Charakasamhita, Chowkhamba Sanskrit Series office, Varanasi-221001
- 5. Dr.H.R.Nagendra, New Horisons in Modern Medicine, SVYASA, Bangalore-560105
- 6. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403

- 7. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 8. M.M.Gore(2012), Anatomy and Physiology of Yogic Practices, Lonavala, Pune. 410403
- 9. K.N.Udupa(2007), Stress and its Management by Yoga, Mothilal Banarsidas, Delhi-110007
- 10. Ishwara Krishna(1995), Sankhyakarika, Ramakrishna Muth, Mylapore, Madras-600004
- 11. Swami Satyananda Saraswati(2013), Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger-811201
- 12. Swami Satyananda Saraswathi(2004), A Systematic Course In The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
- 13. Hutchison(2012), Hutchison's Clinical Methods, Elsevier Ltd.
- 14. Davidson(1999), Principles & practice of Medicine, Churchil Livingstone, Harcourt Brace and Company
- 15. Wasley(1999), GDEd., Critical Laboratory techniques, Churchil Livingstone, Harcourt Brace and Company.
- 16. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi-574279.

#### M.Sc. YOGIC SCIENCE III SEMESTER

#### YS 3.3 MODERN APPROACH OF HEALTH SYSTEM

#### **Course Objectives:**

- Taking Case history of the Patient
- Studies of Etiology, Symptoms, Complications and treatment of the Diseases according to modern approach

#### I Examination of a Patient and Review of Systems

20 Hrs

24 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.

- 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. 20 Hrs

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

#### **Course Outcome:**

CO-1	Effective Communication with the Patient with understanding case history and proper Documentation
CO-2	Understanding the general examinations of the patient and record them followed
	by treatment

- 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.
- 3. Swami Kuvalayanada (1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403

- 4. Swami Kuvalayanada (1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 5. Swami Kuvalayananda, Dr. S.L. Vinekear (1963), Yogic Therapy Published by Kaivalyadhama, Lonavala, Pune-410403
- 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
- 10. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.
- 11. Wasley(1999), GDEd., Critical Laboratory techniques, Churchil Livingstone, Harcourt Brace and Company
- 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, Dariyagani, 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

#### **YS 3.4 YOGA THERAPY PRACTICES**

#### **Course Objectives:**

- To understandEefect of yogic practices on various body system
- Know causes and Symtoms of diseases according to Indian Yogic approach
- Understanding the clinical history and treatment of the disease as per Yogic approach

#### I Effect of yogic practices on following systems

22 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

21 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

21 Hrs

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

#### **Course Outcome:**

CO-1	Obtain Knowledge and effect of different branches of yoga On different body system				
CO-2	Treatment of patients with particular disease using Indian and Yogic approach				
CO-3	Proper knowledge in different types of Yoga therapies and practices				

- 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.
- 3. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 4. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 5. Swami Kuvalayananda, Dr. S.L. Vinekear(1963), Yogic Therapy Published by Kaivalyadhama, Lonavala, Pune-410403
- 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-
- 9. Vagbhata(1997), Astanga Hridaya, Chowkhamba Sanskrit Series, Varanasi-221001
- 10. Michael Glynn, William M.Drake (Edited) (2012), Hutchison's Clinical Methods, 23rd Edition, Saunders Elsevier Ltd.
- 11. Wasley(1999), GDEd., Critical Laboratory techniques, Churchil Livingstone, Harcourt Brace and Company
- 12. Bhat. K. Krishna Bhat (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi -574279

#### YSP 3.5 PRACTICAL - V: BANDHAS AND MUDRAS

### **Course Objectives:**

- To acquint the efficiency of Bhandhas and Mudras
- To be efficient and trained in Bhandhas and Mudras
- To Know the therapeutic applications of Bhandhas and Mudras
- Self improvement of health.

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

#### **Course Outcome:**

CO-1	Perform the Bandhas and Mudras with maximum accuracy				
CO-2	Able to Describe and demonstrate the procedure of the selected Bhandha and Mudras				
CO-3	Treatment of patients using Bhandha Mudras				

- 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
- 4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 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
- 6. B.K.S.Iyangar(1966), Light on Yoga, Collins publication, 77- 85Fulham Palace road, London W6 8JB.
- 7. B.K.S.Iyangar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
- 8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012

- 9. Thomas Von Elbe(1999), Yoga Self Taught
- 10. Swami Kuvalayananda (1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
- 11. H.R.Nagendra(2011), Pranayama Pubished by SVYASA, Bangalore-560105
- 12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
- 13. Swami Satyananda Saraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
- 14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201

#### YSP 3.6 PRACTICAL – VI:PRANAYAMA & MEDITATION

#### **Course Objectives:**

- To know Pranayama
- To understand therapeutic applications of Pranayamas
- Tolearn and practice 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

#### **Course Outcome:**

CO-1	Perform the Pranayamas Systematically and able to Describe and demontstrate of				
	the selected Pranayamas				
CO-2	Getting Pranayama one can use treat patients and can lead stressless life Utilzing the				
	types of pranayama and Meditation in Yoga therapy				

- 1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
- Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
- 3. Sadashiva Brahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
- 4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403

- 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.
- 6. B.K.S.Iyangar(1966), Light on Yoga, Harper Collins Publication, 77- 85 Fulham Palace road, London W6 8JB.
- 7. B.K.S.Iyangar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
- 8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
- 9. Thomas Von Elbe(1999), Yoga Self Taught
- 10. Swami Kuvalayananda(1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
- 11. H.R.Nagendra(2011), Pranayama Pubished by SVYASA, Bangalore-560105
- 12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
- 13. Swami Satyananda Saraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
- 14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric
- 15. Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201

### M.Sc. YOGIC SCIENCE <u>II SEMESTER</u>

#### YSE 3.7 YOGA FOR PERSONAL HEALTH

#### **Course Objectives:**

- •To understand the use of Yoga for health.
- •To know about the need and historical development of Yoga.
- •Knowledge of different schools of Yoga.
- •Concept of food and 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

#### **PRACTICALS**

- 1. Svastika
- 2. Vajra
- 3. Supta Vajra
- 4. Tada
- 5. Trikona
- 6. Parshwakona
- 7. Purva
- 8. Pavana
- 9. Bhujangasana
- 10. Viparitakarani + Uttanapada
- 11. Ujjai
- 12. Savasana

CO-1	Yoga with meaning and historical development	
CO-2	Understand of Ashtanga Yoga.	
CO-3	Different schools of Yoga and their application for personal health.	
CO-4	Understanding and application of food for health	

- 1. Swami Vivekananda(1982), Rajayoga Ramakrishna Ashrama Publications, 5 Dehi entally Road, Kolkata-700014.
- 2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama,Lonavala-41040
- 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
- 7. Swami Niranjanananda, Yoga Darshan, Sri Pachadasham Paramahamsa Alakh Bara, Deoghar-814113
- 8. Swami Niranjanananda, Hathayogapradipika, Bihar School of Yoga, Munger-811201
- 9. Swami Niranjanananda(1997), Gheranda Samhita, Bihar School of Yoga, Munger-811201
- 10. Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
- 11. H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi-110002
- 12. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
- 13. Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
  - 14. S.N.Dasgupta(2002), Yoga as a Philosophy and Religion, Calcutta -711202
  - 15. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society. Shivanandanagar, Rishikesh-249192
  - 16. Bhat.K.Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, P.O.Karopady 574279.
  - 17. Swami kuvalayananda, Dr. S.L. Vinekear(1963), Yogic Therapy Published by Kaivalyadhama, Lonavala, Pune-410403
  - 18. Prof.Pattabhi Jois(2010), Yoga mala Part I, North Point Press, A Division of Farrar, Straus and Giroux, 18 west 18the street, New York 10011.
  - 19. B.K.S.Iyangar(1966), Light on Yoga, Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
  - 20. B.K.S.Iyangar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
  - 21. Swami Dhirendra Brahmachari(1953), Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi-110001
  - 22. O.P.Tiwari(1991), Asana, Why & How, Kaivalyadhama, Lonavala-410403
  - 23. Yogeshwar(2004), The Text of Yoga, Yoga Centre, Madras 600020
  - 24. Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi 110005.



Shivagangotri, Davangere-577 007, Karnataka M.Sc. **Yogic Science (Academic Year 2024 onwards)** 

# Semester scheme with Choice-Based Credit System(CBCS)

### **Course Structure**

# M. Sc Yogic Science V Semester

			Ma			S		
	Subject/Paper Code	Title of the Paper	Instruction Hrs./week	Examination	Internal Assessment	Total Marks	Credits Examatination duration (Hrs.)	
		THEORY PAPE	ERS					
	YS 4.1 Scientific Studies in Yogic Science-I			70	30	100	4	3
	YS 4.2			70	30	100	4	3
	YS 4.3	Scientific Studies in Yogic Science-III	4	70	30	100	4	3
	PROJECT WORK/DISSERTATION & PRACTICALS							
	YSP 4.4	Project work/Dissertation	6	70	30	100	6	3
>	YSP 4.5	Advanced Practices	8	80	20	100	4	3
	YSP 4.6	Instruments	4	40	10	50	2	3
SEMESTER-IV		Study Tour/Field Visit						-
S								-
M								-
SE	Mandato	ory Credits: Personality Development	2				2	-
								-
			26			550	26	-
			36			550	26	

Yogic Science Davangere University Shivagangotri, Davangere-577007.

# M.Sc. YOGIC SCIENCE <u>IV SEMESTER</u>

#### YS 4.1 SCIENTIFIC STUDIES IN YOGIC SCIENCE - I

#### **Course Objectives:**

- Knowlegde of Research process.
- To understand research studies and methods in Yoga.
- Use of statistic study in research.
- Procedure and paper publication in yogic science.

#### **I** Introduction

21 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**

21 Hrs

- 1. Introduction
- 2. Measures of Central tendancy
- 3. Measures of Dispersion
- 4. Processing operations

#### III Scientific studies in Yoga

22 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.

#### **Course Outcome:**

CO-1	Proper knowledge on research process to conduct studies in Yogic sciences.			
CO-2	Ability to describe the processing operations.			
CO-3	Use the particular statistical tests for research in Yogic science.			
CO-4	Describe and use the suitable procedure for publications.			

- 1. Kothari, C.R. (1985), Research Methodology, Methods & Techniques, Wishwa Prakashan, New Delhi-110002
- 2. SMYM Samiti, Yoga Mimamsa, Kaivalyadhama.
- 3. H.R.Nagendra, New Horizons in Modern Medicine, SVYASA, Bangalore-560105
- 4. Goode (1952), W., Method in Social Research, Mcgraw-Hill Book Company, Inc.
- 5. Kerlinger, F.N (1986), Foundation of Behavioural research, Prism Books, Bangalore-560070
- 6. Mohisin (1984), Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi-110006

- 7. Nachmias D (1981),, Research Method in Social Sciences, Nachmias St.Martins Press, New York.
- 8. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.
- 9. Wasley (1999), GDEd. Critical Laboratory techniques, Churchil Livingstone, Harcourt Brace and Company.
- 10. Davidson (1999), Principles & practice of Medicine, Churchil Livingstone, Harcourt Brace and Company
- 11. Apley (2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.

### YS 4.2 SCIENTIFIC STUDIES IN YOGIC SCIENCE - II

### **Course Objectives:**

- •Current scenario of application of research in Yogic science.
- Able to analyze the research studies.
- Present and discuss the research studies.

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

CO-1	Understand the current scenario of research in Yogic science.			
CO-2	Methodology of research in the selected works			
CO-3	Proper idea to carry out the research studies in Yogic science.			
CO-4	Ability to design hypothesis/ prototype in Yogic science research.			

### YS 4.3 SCIENTIFIC STUDIES IN YOGIC SCIENCE - III

(Decided by the BoS)

Analysis of 10 Yoga Modules (Decided by the BOS)
Presentation and Discussion

# M.Sc. YOGIC SCIENCE IV SEMESTER

#### YSP 4.4 DISSERTATIONS / PROJECT WORK

#### **Course Objectives:**

- Able to independently approach the public and awareness about Yogic science.
- To obtainfield experience of therapy and teaching Yoga.
- To obtain enhanced experience of handling practitioners.
- To give proper training in research study.

CO-1	Spread awareness and value based knowledge of Yogic science among public.			
CO-2	Have the good experience of Yoga therapy/ interacting with the patient/ public.			
CO-3	Practical knowledge to design sequence of Yogic practice to suit an individual.			
CO-4	Carrying out the prototype research study on subject and to prepare the report.			

#### YSP 4.5 PRACTICAL – VII : ADVANCED PRACTICES

#### **Course Objectives:**

- To Expert in the Pranayama
- To understand therapeutic applications of Pranayamas in advanced levels. Tolearn and practice Meditation

#### 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

#### **Course Outcome:**

CO-1	Perform the Pranayamas Systematically and able to Describe and demontstrate				
	of the selected Pranayamas in advanced levels.				
CO-2	Getting Pranayama one can use treat patients and can lead stressless life				
	Utilzing the types of pranayama and Meditation in Yoga therapy				

- 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
- 4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
- 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.
- 6. B.K.S.Iyangar(1966), Light on Yoga, Collins publication, 77- 85Fulham Palace road, London W6 8JB

- 7. B.K.S.Iyangar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
- 8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
- 9. Thomas Von Elbe(1999), Yoga Self Taught
- 10. Swami Kuvalayananda (1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
- 11. H.R.Nagendra(2011), Pranayama Pubished by SVYASA, Bangalore-560105
- 12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
- 13. Swami Satyananda Saraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
- 14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201

#### YSP 4.6 PRACTICAL - VIII: INSTRUMENTS

#### **Course Objectives:**

- To learn different kinds of laboratory instrument.
- To learn operating specific medical instrument.

#### 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

CO-1	Student to get knowledge about practical instrument like BMI, Blood grouping,
	BP reading and some other realeted yogic instruments.

## QUESTION PAPER PATTERN

	Paper Name: Paper Code: Time: 3hours	
	Time: Shours	Max Marks: 70
		PART-A
	1. Answer <b>any Five</b> of the following	(2x5=10)
a)		
b)		
c)		
d)		
e)		
f)		
<b>g</b> )		
h)		
,		PART-B
	Write short notes to any Four of the following	(5X4=20)
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
		PART-C
	Explain any Four of the following	(10X4=40)
	8.	
	9.	
	10.	
	11.	
	12.	
	13.	
		ROS Chairman
		BOS Chairman Yogic Science
	000	Yogic Science Davangere University

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