

HNB GARHWAL UNIVERSITY
DEPARTMENT OF YOGA
SRINAGAR, GARHWAL (UTTARAKHAND) – INDIA

SYLLABUS FOR M.A. IN YOGIC SCIENCE

Title of the Course – Master of Arts (M.A.) in Yogic Science

Duration of the Course –

The course will be of two years duration, which will be divided into four semesters as two semesters in each academic year.

Objectives of the Course –

- ✚ The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
- ✚ At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- ✚ Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- ✚ Invoking and inculcating inquisitive, scientific temper in student regarding the **Traditional Indian Sciences specially Yoga and Spirituality.**
- ✚ A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of **Yoga and Alternative Therapies.**

Syllabus –

The syllabus is designed to fulfill aforesaid objectives as Core and Elective subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

Scheme of Evaluation :-

As this is a course with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

- The Sessional tests will carry 40% of total marks for the course. The marks of the Sessional Test shall be taken into account for the computation of Grades.
- There shall be a written End Semester Examination which shall be of 2 hours duration carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the University in consultation with the Dean concerned.
- The End Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.

- Evaluation of Project Report / Dissertation and viva- voce

The distribution of marks for the dissertation will be as below:

Periodical presentation	- 20 Marks
Dissertation	- 60 Marks
Viva-voce	- 20 Marks
Total	100 Marks

Dissertation / project report shall be valued jointly by external and one external examiner.

Eligibility:-

No student shall be eligible for admission to a Master's degree programme in Yoga unless he/she has successfully completed a three year undergraduate degree or earned prescribed number of credits for an undergraduate degree through the examinations conducted by a University /autonomous institution or possesses such qualifications recognized by the HNB Garhwal University as equivalent to an undergraduate degree.

Age Limitation :-

Candidates should not be more than 40 years of age on the first day of the session i.e. 1 July in which he/she is taking admission.

Structure of Yoga Master Programme:

- A Master's Programme in Yoga shall consist of:
 - (i) Core courses shall be mandatory for all students registered for Master's programme in Yoga. A Core course may carry 03-06 credits. .
 - (ii) An Elective courses also shall carry not more than 3 credits
 - (iii) A Self-Study Course shall carry not more than 3 credits
 - (c) Two -Year Masters programme in Yoga will have the following components, viz.
 - (i) Core Courses - Minimum 66 credits
 - (ii) Electives - Minimum 18 credits
 - (iii) Self-study courses - Maximum 03 credits shall be mandatory but not to be included while calculating the grades.

The credits in the Post Graduate programme of two years in Yoga shall be distributed in the following manner:

Courses with credits	Semester I	Semester II	Semester III	Semester IV
Core	21	21	12	12
Elective/Optional	NIL	NIL	09	09
Self Study Courses	NIL	NIL	3	NIL

- (d) In order to qualify for a two-year master's degree a student must acquire a minimum of 87 credits including a minimum of 18 credits in electives and one qualifying self study course of minimum 03 credits.

Pass Percentage :-

A student who has passed in all the core courses and the minimum number of electives prescribed for the programme and earned a minimum of 87 credits shall be considered to have passed the Masters Programme. A candidate must be obtained 50 % marks in each subject and less than 50% marks will be considered as fail.

A candidate who fails in three papers (theory), Practical, Sessional work & Viva-Voce in the each semester will be declared to have failed in the M.A in Yogic science. A candidate who fails in less than three papers will be eligible to take the admission in next semester but he must be appeared in fails subjects in subsequent semester's examination (for two times only).

Grade System

Regarding grading system, the rule of the two years Master Degree will be followed as the University rules & regulations.

Procedure of Admission:-

In order to select the candidate from amongst the applicants, the institution will conduct a written test and interview.

The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

Reservation:-

Candidates belonging to S.T/S.C and OBC categories will get relaxations as per the general admission rules of the University.

Medical Fitness Certificate:-

The selected candidates must submit a medical fitness certificate along with academic certificates/testimonials and migration certificate also, if needed.

Seats :-

There are only 40 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University.

Attendance:-

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

Scheme of Examination:

SEMESTER –I

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
SOE/YOG/C101	Fundamentals of yoga	100 (60+40)	60	-	-	40	3
SOE/YOG/C102	Fundamental Texts of Yoga - I	100 (60+40)	60	-	-	40	3
SOE/YOG/C103	Principles of Hathyoga	100 (60+40)	60	-	-	40	3
SOE/YOG/C104	Principles of Naturopathy	100 (60+40)	60	-	-	40	3
SOE/YOG/P105	Practical – I	100 (60+40)	-	-	60	40	6
SOE/YOG/P106	Practical-II Naturopathy and Field work	100 (60+40)	-	-	60	40	3
		600					21

SEMESTER –II

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
SOE/YOG/C201	Patanjal Yoga Sutra	100 (60+40)	60	-	-	40	3
SOE/YOG/C202	Anatomy, Physiology and yogic Practices	100 (60+40)	60	-	-	40	3
SOE/YOG/C203	Fundamental Texts of Yoga - II	100 (60+40)	60	-	-	40	3
SOE/YOG/C204	Alternative Therapies	100 (60+40)	60	-	-	40	3
SOE/YOG/P205	Practical-III	100 (60+40)	-	-	60	40	6
SOE/YOG/PF206	Practical-IV Alternative therapies & Field work	100 (60+40)	-	-	60	40	3
		600					21

SEMESTER: III

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
SOE/YOG/C301	Research Methodology in Yogic Science	100 (60+40)	60	-	-	40	3
SOE/YOG/C302	Teaching Methodology of Yoga Practice	100 (60+40)	60	-	-	40	3
SOE/YOG/C303	Practical-V	100 (60+40)		-	60	40	6
SOE/YOG/E301	Yoga and Allied Science – I	100 (60+40)	60	-	-	40	3
SOE/YOG/E302	OR Yoga and Personality Development						
SOE/YOG/E303	Yoga and Personal Management	100 (60+40)	60	-	-	40	3
SOE/YOG/E304	OR Yoga & Social Transformation						
SOE/YOG/E305	Fundamentals of Psychology	100 (60+40)	60	-	-	40	3
SOE/YOG/E306	OR Yoga in Ancient Literature						
SOE/YOG/SS301	Self Study: Health & Society	100 (60+40)	60	-	-	40	3
		600					24

SEMESTER: IV

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
SOE/YOG/C401	Yoga Therapy	100 (60+40)	60	-	-	40	3
SOE/YOG/C402	Spirituality and Science	100 (60+40)	-	-	100**	-	3
SOE/YOG/C403	Practical-VI	100 (60+40)	-	-	60	40	6
SOE/YOG/E401	Yoga and Allied Science-II	100 (60+40)	60	-	-	40	3
SOE/YOG/E402	OR Yoga & Drug De-addiction						
SOE/YOG/E403	Yoga & Stress Management	100 (60+40)	60	-	-	40	3
SOE/YOG/E404	OR Mental Hygiene Through Yoga						
SOE/YOG/E405	Dissertation	100 (60+40)	60	-	-	40	3
SOE/YOG/E406	OR Essay						
		600					21

**** The Distribution of marks for Dissertation & Viva-voce will be as below**

Periodical Presentation	20 Marks
Dissertation	60 Marks
Viva-voce	20 Marks

SEMESTER-I
PAPER-I (SOE/YOG/C101)
FUNDAMENTALS OF YOGA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXTERNAL: - 60

SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I

- History and Development of Yoga; Meaning & Definitions, Misconceptions, Aim and Objectives of Yoga.
- Basic concepts of Shad-darshanas
- Introduction to Epics and Smriti- Yoga in Ramayana (Aranyakand), Mahabharata (Shantiparva) and Yajnavalkya Smriti.

UNIT-II

- Prasthanatrayee; Concept of Purushartha Chatushtaya,
- Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Rajayoga, Hathayoga and Mantra Yoga.
- Elements of Yoga in Jainism and Buddhism.

UNIT-III

- Yoga in Narada Bhaktisutra,
- Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas.
- Yoga in Modern Times: Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati.

UNIT-IV

- Yoga in Contemporary Times: Brief Introduction of Sri Shyamacharan Lahidi ,Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi.

REFERENCE BOOKS

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
5. Pitamber Jha: Yog Parichaya
6. vkSifu"kfnd v;/kRe foKku& MkW- bZ'oj Hkkj}kt
7. ikraty ;ksx foe'kZ&MkW- fot;iky 'kkL=h
8. Anuja Rawat, Yoga evem Yogi, Satyam Publications, New Delhi

SEMESTER -I
PAPER – II (SOE/YOG/C102)
FUNDAMENTAL TEXTS OF YOGA – I

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXTERNAL: - 60

SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: Upanisads

Ishavasyopnishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.

UNIT-II Upanisads

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriguvalli.

Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman.

UNIT-III GHERAND SAMHITA AND HATH RATNAVALI

Ghatastha Yoga, Saptanga Yoga: Satkarma, Asana, Mudra, Pratyahara, Pranayama,, Dhyana and Samadhi in Gherand Samhita.

Concept and subject matter of Hatha Ratnavali.

UNIT-IV: VASHISTHA SAMHITA AND SHIV SAMHITA

Introduction to Vashista samhita, Yama, Niyama, Pratyahaar & Pranayama in Vashista Samhita. Dharna, Dhyana & Samadhi in Vashistha Samhita.

General Introduction of Shiv Samhita and its subjects matters, Tattva Jnana Upadesh, Mudra & Chakras

REFERENCE BOOKS

1. Timini, I.K., The Science of Yoga, The Adyar Library, Madras
2. Iyengar B.K.S., Light on Patanjali Yoga, New York, Schocken Books, 1994
3. Bharati, Veda, Philosophy of Hatha Yoga, Himalayan International Institute of Yoga, Science and Philosophy, 1998,

4. Dvivedi, Nath Sampradaya of Hatha Yoga, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
5. Rajni Nautiyal, Samkhy Yoga main Antahkaran, Yoga Dept- HNB Garhwa University, Srinagar, Uttarakhand
6. Shiv Samhita, Raghavendra Sharma, Choukhamba Sanskrit prakashan, Delhi, 2006.
7. Sri Ram Sharma, 108 Upnisad, vedmata gaytri trust, Mathura.
8. Ishadi nau unpnisad, Geeta press Gorakhpur, Uttar pradesh.

SEMESTER-I
PAPER – III (SOE/YOG/C103)
PRINCIPLES OF HATH YOGA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXTERNAL: - 60

SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION

- Meaning , Definition , Aims & Objectives of Hath Yoga.
- Philosophy of Hatha Yoga.
- Steps of Hatha Yoga according to Hath Pradeepika & Gherand Samhita
- Time, place & season for practicing of Yoga, Sadhak & Bhadhak Tattva.

UNIT-II: SATKARMAS ACCORDING TO HATH PRADIPIKA & GHERAND SAMHITA.

1. Satkarmas - Its Meaning, Definition & Objectives.
2. Classification of Satkarmas According to Hath Pradeepika & Gherand Samhita.

UNIT-III: ASANA & PRANAYAMA ACCORDING TO HATH PRADIPIKA & GHERAND SAMHITA.

1. Meaning, Definitions & Objectives of Asana & Pranayama.
2. Method, benefits and types of Practicing Asanas.
3. Method, benefits and types of Practicing Pranayama.

UNIT-IV: MUDRA, MEDITATION AND SAMADI ACCORDING TO HATH PRADIPIKA & GHERAND SAMHITA.

1. Concept, Meaning & Definition of Mudra & Bandhas.
2. Meditation-Meaning, types & Concept.
3. Detailed Technique of Kundalini Jagaran, Nadanusandhan and Samadhi.

REFERENCE BOOKS

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. Chintaharan Betal, Hathyoga ki Bhumika, University Publication, New Dlhi.
5. Rajni Nautiyal, Ghrendya Samhita, Kitab Mahal, New Delhi.
6. gB;ksx iznhfidk& LokRekjke ;ksxh
7. ?ksj.M lafgrk& ?ksj.M _f”k
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SEMESTER-I
PAPER – IV (SOE/YOG/C104)
PRINCIPLES OF NATUROPATHY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: BASIC OF NATUROPATHY

1. Meaning , Definitions & Fundamental principles of Naturopathy.
2. Objectives & Importance of Naturopathy.
3. Laws of Nature: Pancha Mahabhuta.

UNIT-II: HISTORY OF NATUROPATHY

1. History of Naturopathy in Ancient period.
2. Development of Modern Naturopathy
3. History of Nature Cure in India

UNIT-III: NATUROPATHY: DIAGNOSIS

1. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

UNIT-IV: NATURE CURE TREATMENTS

1. Nature Cure Treatments: Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.
2. Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs.
3. Chromo therapy – Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

REFERENCE BOOKS

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J.Singh., History and Philosophy of Nature Cure
3. M.K.Gandhi., My Nature Cure
4. P.D.Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lacknow.
5. Jindal R.,Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.

SEMESTER-I
PAPER – V (SOE/YOG/P105)
PRACTICAL – I
Asana & Pranayama

MARKS: 100

EXT: - 60**

INT: - 40

Suryanamaskar with Mantras:

ASANAS

1. Tadasan- Standing
2. Ardhakaticakrasan -Standing
3. Garudasan- Standing
4. Vrikshasan -Standing
5. Hasttotanasan -Standing
6. Padhastasan- Standing
7. Trikon Asan -Standing
8. Padmasan- Sitting
9. Vajrasan - Sitting
10. Swastikasan - Sitting
11. Siddhasan- Sitting
12. Gomukhasan- Sitting
13. Bhadrasan- Sitting

14. Ardh Matsyendrasan- Sitting
15. Dhaanurasan- Prone
16. Shalabhasan- Prone
17. Bhujangasan- Prone
18. Vakrasan- Prone
19. Uttanpadasan -Supine
20. Halasan-Supine
21. Vipritkarniasan -Supine
22. Sarvangasan-Supine
23. Matsyasan -Supine
24. Suptavajrasasan -Supine
25. Naukasan –Supine
26. Shavasana- Supine

Pranayam-

Relaxation-

1. Yog Nidra

1. Anuloma-Viloma Pranayam
2. Suryabhedi Prayanam
3. Chandrabhedi Prayanam
4. Ujjai Pranayama

Shudhi Kriya-

1. Vatkarma Kapalbhanti
2. Jalneti
3. Rubber Neti
4. Vaman Dhouti (Kunjal)

Mudra & Bandh -

1. Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Maha Mudra & Maha Bedha
5. Jalandherbandh
6. Uddayanbandh
7. Moolbandh

Meditation- Pranav Meditation

**** 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER-I
PAPER – VI (SOE/YOG/P106)
PRACTICAL – II
NATUROPATHY AND FIELD WORK

MARKS: 100

EXT: - 60**

INT: - 40

Naturopathy Practical-

Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs

Field Work

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby villages

**** 40 Marks for field work and naturopathy practical report and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

SEMESTER II
PAPER – I (SOE/YOG/C201)
PATANJAL YOGA SUTRA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I:

1. Introduction to Patanjali Yoga Sutra & Maharishi Patanjali,
2. Definition of Yoga & Concept of Chitta and Chittavritties,
3. Chitta Bhumies, Methods to Control Chittavritties: Abhyas and Vairagya, Concept of Ishwara and attributes of Ishwara, Chittavikshpa and sahabhuva.

UNIT-II:

1. Types of Samadhi- Samprajnata and Asamprajnata, Sabija and Nirbija Samadhi.
2. Methods of Chitta Prasadana
3. Concept of Kriya Yoga & Panch Kleshas
4. Purusha, (drishta) & Prakriti, (drishya)

UNIT-III:

1. Concept of Chaturvyuhavada , Vivek Khyati, Ritambharaprajna
2. Astanga Yoga, Samyama, Chitta Parinama
3. Ashtha Sidhi and Vibhuties

UNIT-IV

1. Five types of Siddhi, Nirman Chitta,
2. Types of karma, Concept of Vasana, Dharmmegha Samadhi
3. Kaivalya Nirvachana

REFERENCE BOOKS

1. ikraty ;ksx lw= & xhrk izsl] xksj[kiqj
2. ikraty ;ksx n'kZu& jktchj 'kkL=h
3. ikraty ;ksx foe'kZ&MkW- fot;iky 'kkL=h
4. ikraty ;ksx iznhi& Lokeh vksekuUn rhFkZ
5. v"Vkax ;ksx& Lokeh pj.knkl
6. -esjh olh;r vkSj fojklr& Jhjke 'kekZ vkpk;Z
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

PAPER – II (SOE/YOG/C202)
ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXTERNAL: - 60

SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT – I

1. Concept of cell, tissue
2. Structure & function of Cell & Tissues
3. Skeleton system: Types & Structure of bones and Joints

UNIT-II

1. Digestive System - Structure & Function
2. Physiology of Digestion and effect of yogic practices on the digestive system.
3. Respiratory System – Structure & Function and effects of yogic practices on respiratory system.

UNIT-III

1. Circulatory system: Structure & function and effects of yogic practices on Circulatory system.
2. Classification of Blood & their functions
3. Nervous system – Its types and their functions and effects of yogic practices on Nervous system.

UNIT-IV

1. Excretory system - Structure & function and effects of yogic practices on Excretory system.
2. Structure of a nephron and physiology of formation of urine.
3. Endocrine system – Its types and functions and Effects of yogic practices on endocrine glands

REFERENCES

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992
5. Guyton, Textbook of Medical physiology, 9th edition.
6. 'kjhj jpuk foKku & MkW0 eqdqUn Lo:lk oekZ
7. 'kjhj fdz;k foKku & MkW0 fiz;ozr 'kekZ
8. 'kjhj jpuk o fdz;k foKku & MkW0 ,lO vkj0 oekZ

SEMESTER II
PAPER – III (SOE/YOG/C203)

FUNDAMENTAL TEXTS OF YOGA -II

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: YOGA IN BHAGAVADGITA–I

1. “Yoga”, its meaning and Definitions
2. Nature of atman, Sthit Pragyata, Samkhya Yoga,
3. Karma Yoga, Bhakti Yoga & Jnana Yoga,

UNIT-II: YOGA IN BHAGAVADGITA–II

1. Samnyas and samnyas yoga
2. Abhyas and Vairagya, Shraddha
3. Ishwar evam Vibhuties

UNIT-III: YOGA VASISHTHA

1. Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments;
2. The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss
3. Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eightlimbs of Meditation; Jnana Saptabhumika.

UNIT-IV: YOGA IN TANTRA

- 1.Principals of Shaiva Tantra.
- 2.Shakt Tantra – Ten Mahavidya
- 3.Vaishnav Tantra & Tantirk Performance

REFERENCE BOOKS:-

1. Radha Krishnan, Bhagwat Gita, Hind Pocket Books, Delhi, 2004.
2. Radhakrishnan, S.,The Principal Upanishads,George Allen and Unwin, London, 1953
3. Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishna Math, Madras, 1993
4. Shri Ram Sharma Acharya, 108 Upanishads in three Volumes, Shanti Kunj, Haridwar, 1978.
5. Introduction to Upanishads, Theosophical Society of India, Adyar, Madars, 1976)
6. Rka= n`kZu, ijeagl frujtukuUn]Jh iapn`kuke, lkjegal vy[kckMk nso?kj, fcgkj
7. txnh`k pUnz tSu pkS[kck, Hkkjrh; n`kZu ,d u;h n`f”V, lqjHkkjrh izdk’ku okjk.klh

SEMESTER II
PAPER – IV (SOE/YOG/C204)
ALTERNATIVE THERAPIES

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY

1. Concept of Alternative Therapy & Importance of Alternative Therapy.
2. Scope and Limitation of Alternative Therapy.
3. Relation Between Yoga Therapy and Alternative Therapy

UNIT-II: ACUPRESSURE

1. Meaning of Acupressure, Benefits of Acupressure.
2. Principles and Techniques of Acupressure.
3. Instruments of Acupressure. Introduction of Different Pressure Points.

UNIT-III: PRANIC HEALING AND MARMA THERAPY

1. Meaning & Nature of Prana.
2. Introduction & Principles of Pranic Healing.
3. Various Techniques of Pranic Healing, Concept of Marma Therapy.

UNIT-IV: MAGNETO THERAPY

1. Meaning, Definition, & Scope.
2. Principles of Magneto Therapy. Kinds of Magnets.
3. Methods of Magneto Therapy and Effect of Magneto Therapy on Different Diseases.

REFERENCE BOOKS:-

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Miracles through Pranic healing :- Master Choa Kok Sui
4. Advanced Pranic healing :- Master Choa Kok Sui
5. Magneto therapy :- Dr. H. L. Bansal
6. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal
7. Yog Evam Vaikalpik Chikitsya: Dr. V.Nautiyal

SEMESTER- II
PAPER – V (SOE/YOG/P205)
PRACTICAL-III

MARKS: 100

EXT: - 60**

INT: - 40

ASANAS-

15 Marks

- | | |
|--|---|
| 1. Utkatasan- Standing
2. Konasan- Standing
3. Natrajasan- Standing
4. Konasan- Standing
5. Dolasana- Standing
6. Hastpadangushthasan- Standing
7. Paschimottanasan- Sitting
8. Vrishabhasan- Sitting
9. Kukkutasan- Sitting
10. Koormasan- Sitting | 11. Vakasan- Sitting
12. Akarndhanurasan- Sitting
13. Baddh-Padmasan—Sitting
14. Shashankasan- Sitting
15. Ushtrasan- Sitting
16. Padangushthasan- Sitting
17. Chakrasan- Supine
18. Padma Sarvangasana- Supine
19. Parvatasan- Prone
20. Utthit-Padmasan- Prone |
|--|---|

Pranayam-

05 Marks

1. Sheetali Pranayama
2. Sadant Sheetkari Pranayama
3. Bhastrika Pranayama

Shatkarm-

10 Marks

1. Agnisar Kriya,
2. Sheetkram Kapalbhathi,
3. Sutraneti
4. Danda Dhouti

Mudra & Bandh-

05 Marks

1. Shambhavi Mudra,
2. Tadagi Mudra,
3. Shanmukhi Mudra,
4. Kaki Mudra

Meditation- Preksha or Transcendental

05 Marks

**** 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.

3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER-II
PAPER – VI (SOE/YOG/PF206)
PRACTICAL – IV
ALTERNATIVE THERAPIES AND FIELD WORK

MARKS: 100
EXT: - 60**
INT: - 40

Alternative Therapies-

Pranic Healing- Reiki, Acupressure-Detection of Accupoints by Needle, Magnetic Therapy- Placements and use of Magnet

Field Work -

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby villages

**** 40 Marks for field work and Alternative Therapies report and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

SEMESTER-III
PAPER – I (SOE/YOG/C301)
RESEARCH METHODOLOGY IN YOGIC SCIENCE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION TO RESEARCH METHOD IN YOGA

1. Meaning and definitions of research,
2. Methods of Research,
3. Significance of Research in Yoga

UNIT-II: RESEARCH PROBLEM, HYPOTHESIS IN YOGA

1. Problem- Its Meaning and Nature,
2. Statement of Hypothesis and Meaning,
3. Types of Research Design, Sampling & Tools of data collection

UNIT-III: MEASURES OF VARIABILITY WITH REFERENCE TO YOGIC PRACTICES

1. Measurement of Central Tendencies-Mean Median, Mode,
2. Standard Deviation
3. Correlation coefficient

UNIT-IV: PREPARATION OF RESEARCH SYNOPSIS & REPORT

1. Steps of Scientific Research
2. Preparation of Synopsis
3. Presentation of Yogic Research Report

REFERENCE BOOKS

- | | | |
|------------------------|---|---|
| 1.Kerlinger | : | Foundation of Behaviour Research |
| 2.Festinger and Katz | : | Research Methods in Behaviour Sciences |
| 3.Garrat | : | Statistics in Psychology and Education |
| 4. , | : | |
| 5. | : | . |

SEMESTER-III
PAPER – II (SOE/YOG/C302)
TEACHING METHODOLOGY OF YOGA PRACTICE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION TO TEACHING METHODS

1. Concept Of Teaching Methods
2. Principles & Importance of Teaching Methods,
3. Teaching Methods in Yoga,

UNIT-II: TEACHING TECHNIQUES

1. Teaching Technology
2. Modern Teaching Aids: Lecture, Demonstration, Audio Visual Presentation.
3. Class Management and Lesson Planning

UNIT-III: TYPES OF TEACHING METHODS

1. Lecture Methods
2. Demonstration Methods,
3. Experimental & observation Method

UNIT- IV: COUNSELLING IN YOGA

1. Concept of Counselling & Yoga
2. Aims & Principals of Couselling
3. Importance of Couselling in Yoga

REFERANCE BOOKS:-

1. S.K. Kochar, Methods and techniques of teaching, Sterling publications Pvt. Ltd, New Delhi
2. Sharma M.K., Educational Technology and Management, H.P.Bhargav Book House, Agra (2011).
3. Gharote M.L., & Ganguli S.K., Teaching Methods for Yogic Practices, Kaivalyadhama, Lonavala (1988)
4. Swami Satyananda, Early Teaching of Bihar School of Yoga, Munger, Bihar

SEMESTER-III
PAPER – III (SOE/YOG/C303)
PRACTICAL-V
PRACTICAL AND TEACHING PRACTICE

MARKS: 100

EXT: - 60**

INT: - 40

Asanas-

15 Marks

- | | |
|--------------------------------|----------------------------------|
| 1. Padmsarvangasan-Supine | 8. Garbhasan- Supine |
| 2. Mayurasan-Balancing | 9. Shishpadanangusthasan-Sitting |
| 3. Shirshasan-Balancing | 10. Sankatasan-Sitting |
| 4. Tolangulasan-Balancing | 11. Guptasan-Sitting |
| 5. Ekpads kandhasan--Balancing | 12. Nadishodhanasan |
| 6. Vatayanasan-Balancing | 13. Padmvakasan--Balancing |
| 7. Tittibhasan-Balancing | |

Prayanam-

05 Marks

1. Bhramari prayanam
2. Murcha pryanam

Satkarm-

10 Marks

1. Dand dhauti
2. Vyutkram kapalbharti
3. Tratak

Mudra & Bandh -

05 Marks

1. Ashwani mudra
2. Mool bandh
3. Maha bhand
4. Shaktichalini mudra

Mediation-

05 Marks

1. Pranav Meditation and Shavasana (Relaxation)

**** 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER -III
PAPER – IV (SOE/YOG/E301)
YOGA & ALLIED SCIENCES -I

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: YOGA AND HEALTH EDUCATION

1. Concept of Health,
2. Meaning & Objectives of Health Education
3. Principles & Methods of Health Education

UNIT-II: FOOD & NUTRITION FOR YOGA PRACTITIONERS

1. Food & Nutrition,
2. Nutritional need of body, Principles of diet planning
3. Balanced diet & Yogic diet

UNIT-III: YOGA AND VALUE EDUCATION

1. Concept of value education
2. Need & Effectiveness of value education
3. Role of Yoga in Value education

UNIT-IV: YOGA AND PHYSICAL EDUCATION

1. Concept of Yoga and Physical Education
2. Exercise practices in Physical Education and its comparison with Yogic Practices
3. Application of Yoga in Physical Education, co-ordination of Yoga in Physical Education for maximum benefits.

REFERENCE BOOKS:-

1. Kaushik, Mai Ram, Ayurveda Kya Hai, Bikaner: Anand Prakashan,2003
2. Dash , V.B., Ayurvedic Treatment For Common Diseases, Delhi Diary, 1974.
3. Laxmipati, K., Basic principles of Ayurved.
4. Garde, R.K., Ayurvedic for health and Long life

SEMESTER III
PAPER – V (SOE/YOG/E302)
YOGA AND PERSONALITY DEVELOPMENT

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF YOGA

1. Meaning and Definition of Yoga & Personality
2. Objectives of Yoga & Personality Development
3. Effectiveness of Yoga

UNIT-II: CONCEPT OF PERSONALITY

1. Characteristic of Personality
2. Types of Personality
3. Factors of Personality Development

UNIT-III: CAUSES OF PERSONALITY DISORDERS

1. Biological Cause
2. Psychological Cause
3. Socio-cultural Cause

UNIT-IV: ROLE OF YOGIC TECHNIQUES IN THE DEVELOPMENT OF PERSONALITY

1. Psycho Therapeutic and Relaxative Role
2. Physio therapeutic and Rehabilitative Role
3. Values Development through Yoga

References

1. Internal yoga psychology - V. Madhupudhan Reddy
2. Yoga and depth psychology- I.P Sachdeva
3. Yoga Psychology - Shanti Parkash Attari
4. Samanya Manovijana - Wasim Ahamad Khan
5. Abnormal Psychology -J.C.Coleman
6. Yoga and Yogic Therapy - Ram Harsh Singh
7. Yoga and Mansik swasthya- Dr. Suresh Barnwal

SEMESTER- III
PAPER – VI (SOE/YOG/E303)
YOGA AND PERSONAL MANAGEMENT

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT –I: Introduction to Self-Management

1. Meaning & nature of Self- management
2. Basis and need of Self-management
3. Self-confidence-meaning and its improvement

UNIT – II: Development of Capabilities

1. Development of will power, imagination through yogic lifestyle
2. Development of thinking & emotion control
3. Improvement of memory through meditation

UNIT- III: Self-management and Stress-management

1. Management: time management, management of different stages of life; Problems, decisions and plans
2. Stress: meaning, causes, and effects
3. Stress :management through Yoga

UNIT – IV: Communication and Yogic Life

1. Meaning & importance of communication
2. Skill and blocks to communication: effective listening, body language, effective reading and speaking in public
3. Ideas to action, direction setting

REFERENCE

1. L.Chaito : Relaxation & Meditation Techniques,1983
2. Michael Aegyle : Bodily Communication, Methuen,1975
3. Mulligan J : The personal Management (handbook)
4. Postonjee D.M.: Stress and Coping,The Indian Experience,sage Publication,New Delhi
5. vkpk;Z egkizKk : 'kfDr dh lk/kuk
6. vkpk;Z egkizKk : u;k ekuo u;k fo'o] vkn'kZzz lkfgR; la?k]pw:
7. f'ko[ksMk & thr vkidh

SEMESTER- III
PAPER – VII (SOE/YOG/E304)
YOGA & SOCIAL TRANSFORMATION

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF SOCIETY

1. Meaning and Definition of Society
2. Characteristics of Society
3. Types of Society

UNIT-II: SOCIAL POLLUTION & VIOLENCE

1. Various problems of Society
2. Political and Religious Problems
3. Causes of Social Pollution and Violence

UNIT-III: EFFORTS OF SOCIAL TRANSFORMATION THROUGH THE AGES

1. Historical perspectives of social transformation
2. Efforts by NGO'S
3. Efforts by voluntary organizations & social leaders

UNIT-IV: YOGIC ETHICAL TECHNIQUES OF SOCIAL TRANSFORMATION

1. Yama, Niyama, Pratyahaar
2. Jnana Yoga, Bhakti Yoga & Karma Yoga
3. Meditation & Yoga Nidra

References

1. Gupta & Sharma, Sociology
2. Gilin & Gilin, Sociology
3. Mainger, H.C., Practical Sociology and social Problems
4. Ram Harsh Singh, Yoga and Yogic Therapy
5. Swami Kuvalyananda, Yoga Therapy

SEMESTER -III

PAPER – VIII (SOE/YOG/E305) FUNDAMENTAL OF PSYCHOLOGY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: Psychology and Holistic Health

1. Theoretical understanding of Yoga and Modern Psychology,
2. Concept of Holistic Health
3. Concepts and models of Normality,

UNIT-II: Concepts of Psychosomatic disorders

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittiriya Upanisad.
3. Characteristics & types of psychosomatic disorders

UNIT-III: Personality & Behavior

1. Eastern and western concepts of personality,
2. Modern theories of personality,
3. Indian approach to consciousness and human behavior,

UNIT-IV: Personality Integration through Yoga

1. Personal and interpersonal adjustment
2. Attitude formation for total personality integration
3. Role of yoga in personality integration

REFERENCES

1. Woodwork, Contemporary school of psychology
2. P.L. Harrienan, 20th Century psychology
3. Abraham H. Maslov, Towards a psychology of being
4. Mishlov Jeffery, The Roots of consciousness
5. N.C.Pande, Mind and supermind
6. V. Madhupudhan Reddy, Internal yoga psychology
7. I.P Sachdeva, Yoga and depth psychology
8. Shanti Parkash Attari, Yoga psychology

SEMESTER III
PAPER – IX (SOE/YOG/E306)
YOGA IN ANCIENT LITERATURE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: YOGA IN PRE HISTORIC CIVILIZATION

1. Yoga in Indus Valley Civilization
2. Yoga in Tungabhadra Civilization
3. Yoga in Maya Culture

UNIT-II: YOGA IN EARLY VEDIC PERIOD

1. Hiranyagarbha Yoga Shastra
2. Yoga in Vedas
3. Foundation of Classical Yoga

UNIT-III: YOGA IN UPANISADS

1. Upanisads: Meaning & Importance
2. Yoga in Upanisads in General
3. Concept of Soul in Upanisads

UNIT –IV: YOGA IN VEDIC AND NON-VEDIC PHILOSOPHY

1. Yoga in Gita
2. Jainism
3. Bhudhism

REFERENCES

1. Reddy, Murthy, Sahay & Prasad. Yoga Therapy. M.S.R. Memorial Yoga Series, East Godavari A.P.
2. Harendra Prasad Sinha. Bharatiya Darshan ki Rooprekha. Motilal banarasi das Delhi.
3. Kayan ka Yogank. Geeta press Gorkhapur.
4. Yoga Concordance Kaivalyadhama Lonavala
5. Murthy S. Yoga Upanisad. Adyar Library, Series-20. Madras

**SELF STUDY
SEMESTER III
PAPER – X (SOE/YOG/SS301)
HEALTH AND SOCIETY**

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

Unit – I: Concept of Health & Society

1. Meaning of Health and Society
2. Meaning & causes of Illness
3. The Emerging relationship between Medicine and Sociology.

Unit – II: Promotion of Health

1. Factors of health promotion
2. Obstacles of Health promotion
3. Promotion of Health by Nutrition & Environment

Unit – III: Health Service

1. Health Service in India
2. Health delivery system in India: Primary health centres & Sub-centres,
3. Private Hospitals & Corporate Hospitals

Unit – IV: Yoga and Health

1. Role of Yoga in health development
2. Role of Yoga in social development
3. Application of Yoga ethics in health service development

REFERENCES

1. Bloom, Samuel W. (1963), The Doctor and His Patient, Free Press, New York,
2. Dingwali, R. (1976), Aspects of Illness Martin Robertson, London
3. Dutt, P.R. (1965), Rural Health Services, DGHS, New Delhi
4. Madan, T.N. (1980), Doctors and Society, New Delhi, Vikash Publishing House
5. Nagla, Madhu (1988), Medical Sociology, Jaipur: Printwell Publishers.
6. Oomen, T.K. (1978), Doctors and Nurses: A Study in Occupational Role Structure, Delhi:

SEMESTER -IV
PAPER – I (SOE/YOG/C401)
YOGA THERAPY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXTERNAL: - 60

SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: Concept of Yogic Therapy

1. Yoga Therapy : Meaning, scope, effectiveness and limitations
2. Principles Health: Preventive, Promotive, and Curative means of Health,
3. Yogic concept of health and disease, Concept of Panch Kosha and Disease.

UNIT-II: Rules and Regulations to be followed in Yoga Therapy

1. Rules to be followed by the Therapist
2. Rules to be followed by Patient
3. Patient – Therapist relationship

UNIT-III: Yogic Management of Common Disorders : I

1. Yogic management for Asthma, Constipation,
2. Yogic management for Hypertension, Hypotension & Heart disease.
3. Yogic management for Diabetes & Obesity.

UNIT-IV: Yogic Management of Common Disorders: II

1. Yogic management for Stress, Anxiety, Depression
2. Yogic management for Headache & Migraine, Cervical & Lumber Problems
3. Yogic management for Pregnancy, Menstrual disorders,

REFERENCE BOOKS

1. Shivanand Saraswati, Yoga Therapy, Bihar school of Yoga, Munger.
2. Nagarathna, R and Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
3. Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
4. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
5. Ram Hrasha Singh, Yog evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER -IV
PAPER – II (SOE/YOG/C402)

SPIRITUALITY AND SCIENCE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF SPIRITUALITY AND SCIENCE

1. Meaning of Spirituality & Science
2. Relationship between Spirituality & Science
3. Development of Spiritual cum Scientific personality

UNIT-II: MIND AND CONSCIOUSNESS

1. Nature & Discipline of Mind, States of consciousness
2. Perception of Psychic Centres: Spiritual and scientific perspectives,
3. Procedure of Perception of Psychic Centres

UNIT-III: EMOTION AND EMOTIONAL TRAINING

1. Principle of psychic colour & Aura
2. Emotional Stability through Meditation
3. Importance of spiritual and scientific interpretation of paranshakti (Tajolesya) and Kundalini-jagran

UNIT-IV: PARAPSYCHOLOGY AND SPIRITUALITY

1. Concept of Parapsychology: Meaning , Aims & Objectives
2. Development of electro-magnetic fields in the body and psychic centres and karan & technique of Preksha Meditation for E.S.P.
3. Supernormal cognition or extra sensory perception ESP-its main types: Clairvoyance, Telepathy, Psycho-keinesis(PK)

REFERENCE BOOKS:-

1. Ian Stevenson: Twenty cases suggestive of Re-incarnation, Virginia, U.S.A
2. B.L. Atreya: An Introduction to Parapsychology, Kumar Publication, Varanasi
3. J.B Rhine : ExtSensory perception.
4. W.E Butler: How to read the Aura, Practice Psychomerry, Teleplathy and Clairvoyance, Destiny boos one Parkstreet, Rochester, Vermont.
5. eqqfu egsUnz dqekj& tSun'kZu vkSj foKku]tSu fo'o Hkkjrh laLFkku]ykMuwa
6. ia0 xkksihukFk dfojkt% Hkkjrh; laLd`fr vkSj lk/kuk][k.M-1,2
- 7- ia0 xkksihukFk dfojkt% rkaf=d lk/kuk vkSj fl}kUr

SEMESTER-IV
PAPER – III (SOE/YOG/C403)
PRACTICAL-VI

MARKS: 100

EXT: - 60**

INT: - 40

Asanas- 15 Marks

- | | |
|----------------------------------|-----------------------|
| 1. Dwipadskandhasan | 9. Poorna Chakrasan |
| 2. Karnapeedasan | 10. Vrishchikasan |
| 3. Poorna Bhujangasan | 11. Padma Mayurasan |
| 4. Poorna Matsyendrasan | 12. Balgarbhasan |
| 5. Vipreetshirshdwiastabaddhasan | 13. Kandpeedasan |
| 6. Gorakshasan | 14. Poorna Dhanurasan |
| 7. Pakshiasan | 15. Pranavasan |
| 8. Hanumanasan | |

Pranayam- 05 Marks

1. Plavini Pranayam,
2. Ujjai Pranayam,
3. Bhastrika,
4. Bharmari

Shatkram- 10 Marks

Nauli,
Vastradhauti,
Loghooshankhprakashalan

Mudra & Bandh- 05 Marks

Mahamudra,
Khechari Mudra,

Meditation- 05 Marks

**** 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R., Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
6. Swami Kuvlyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER IV
PAPER – IV (SOE/YOG/E401)
YOGA & ALLIED SCIENCES -II

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: FUNDAMENTALS OF AYURVEDA AND YOGA

1. General introduction to Ayurveda & its relationship with yoga
2. Concept of health and disease in Ayurveda & Yoga
3. Concept, role and importance of Prakriti, Deha Prakriti, Manasa Prakriti.

UNIT-II: FUNDAMENTALS OF HEALTH IN AYURVEDA

1. Concept, role and importance of – Swasthavritta,
2. Concept, role and importance of Dincarya, Ratricharya & Ritucharya
4. Concept of diet in Ayurveda & Yoga

UNIT-III: PANCHAKARMA & SATKARMA

1. Concept of Pancha Karma in Ayurveda & Satkarma in Yoga
2. Concept of Snehan & Swedan
3. Concept of Vaman, Virechan & Basti

UNIT-V: SADVRITTA & ACHARA

1. Concept of Sadvritta & Achara in Ayurveda & Yogic Lifestyle.
2. Types of Sadvritta & their importance in life
3. Achara-rasayan

REFERENCE BOOKS:-

1. Singh Ramharsh, Swasthavritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
2. Kaushik, Mai Ram , Ayurveda Kya Hai?, Bikaner: Anand Prakashan,2003
3. Dash , V.B., Ayurvedic Treatment For Common Diseases , Delhi Diary, 1974.

SEMESTER -IV
PAPER – V (SOE/YOG/E402)
YOGA & DRUG DE-ADDICTION

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: HISTORICAL PERSPECTIVES OF DRUG ABUSE

1. Meaning and Definitions of Drug Abuse
2. Historical Background of Drug Abuse
3. Drug Abuse of Indian Culture & Western Culture

UNIT-II: TYPES OF DRUGS

1. Depression Drugs
2. Stimulant Drugs
3. Narcotics Drugs & Hallucinogen Drugs

UNIT-III: CAUSES & EFFECT OF DRUG ABUSE

1. Biological cause, Psychological Cause, Personal Cause & Socio-cultural Cause
2. Effect of Drug Abuse: Effect on Health, Personality & Society
3. Symptoms of Drug Addiction

UNIT-IV: CONVENTIONAL TREATMENT AND YOGIC TREATMENT

1. Psychotherapy, Counseling, Punishment & Pharmaceutical Treatment
2. Psycho Ethical Process (Yama & Niyam) & Psycho Physical Process (Asanas, Pranayama, Bandh & Mudra)
3. Meditational Techniques & Cleaning Process

References:

1. Rashmi Agarwal. Drug Abuse. Shipra Publication. Delhi
2. Prashant S. Drug Abuse & Society. Ashish Publishing House. New Delhi
3. Tribhuvan Kapoor. Drug Epidemic in Indian Youth. Mittal Publication. Delhi
4. Betal C. Preksha Meditation & Drug Abusers Personality. Shree Publications. New Delhi
5. Ram Harsh Singh. Yoga & Yogic Therapy. Choukhambha Prathisthan. Varanasi.

SEMESTER -IV
PAPER – VI (SOE/YOG/E403)
YOGA AND STRESS MANAGEMENT

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF STRESS

1. Meaning and Definitions of Stress
2. Stress Mechanism & Types of Stress
3. Stress in Modern Culture & Society

UNIT-II: CAUSES & SYMPTOMS OF STRESS

1. Psychological
2. Physiological
3. Symptoms of Stress

UNIT-III: EFFECT OF STRESS ON HEALTH & SOCIETY

1. Effect on Psychological Health
2. Effect on Physiological Health
3. Effect on Personality & Society

UNIT –IV: COMPETENCY OF YOGA TECHNIQUES TO MANAGE STRESS

1. Management of Stress Through Yama & Niyama
2. Management of Stress Through Asana, Pranayama & Meditation
3. Management of Stress Through Yoga Nindra & Relaxation Techniques

References

- | | |
|--|------------------------|
| 1. Stress and its Managment through Yoga | -Uduppa, K.N. |
| 2. Spiritualise to lead a Stress Free Life | - Krishna Murthy, V.S. |
| 3. Yoga and Yogic Therapy | - Ram Harsh Singh |
| 4. Yoga Therapy | - Swami Kuvalyananda |
| 5. Yogic Management of Psychiatric Disorders | -Basvareddy I.V. |

SEMESTER- IV
PAPER – VII (SOE/YOG/E404)
MENTAL HYGIENE THROUGH YOGA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF MENTAL HEALTH

1. The western view Point
2. The Indian View Point
3. Mental Hygiene through yoga

UNIT-II : MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

1. Historical Background
2. Psychological Concept
3. Mental Hygiene through Transcendental Meditation Yoga

UNIT-III : MENTAL HYGIENE THROUGH RAJ YOGA

1. Historical Background
2. Psychological Concept
3. Mental Hygiene through Raj Yoga

UNIT-IV : MENTAL HYGIENE THROUGH BHAKTI YOGA

1. Historical Background
2. Psychological Concept
3. Mental Hygiene through Bhakti Yoga

REFERENCE BOOKS:-

1. Contemporary school of psychology - Woodwork
2. 20th Century psychology - P.L. Harrienan
3. Internal yoga psychology - V. Madhupudhan Reddy
4. Yoga and depth psychology - I.P Sachdeva
5. Yoga psychology - Shanti Parkash Attari
6. Mental Hygiene through yoga - Dr. Vinod P. Nautiyal

SEMESTER -IV
PAPER – VIII (SOE/YOG/E405)
DISSERTATION

MARKS: 100

EXT: - 60

INT: - 40

The dissertation shall be supervised by the permanent faculty of the department. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and External Examiner (to be appointed by University). Marks will be given by the both the examiners i.e., Internal and External Examiners.

The distribution of marks for the dissertation will be as below:

Periodical presentation	- 20 Marks
Dissertation	- 60 Marks
Viva-voce	- 20 Marks
Total	100 Marks

Dissertation / project report shall be valued jointly by external and one external examiner.

SEMESTER IV
PAPER – IX (SOE/YOG/E406)

ESSAY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Four questions in all, one from each unit. The candidate should be attempted only Two questions selecting one from any two units at least 10 to 12 pages each.

UNIT-I:

1. Nature of Yoga in Indian literature
2. Human Consciousness in Indian literature
3. Nature of Liberation of Indian Literature

UNIT-II:

1. Theory of Evolution
2. Nature of Soul in Indian Literature
3. Samadhi

UNIT-III:

1. Astang Yoga
2. Hatha Yoga
3. Yoga and Psychosomatic Illness

UNIT –IV:

1. Contribution of Meharshi Dayananda in Yoga
2. Contribution of Swami Vivekananda in Yoga
3. Contribution of Shree Arvind in Yoga