



**School of Teacher Education  
CSJM University, Kanpur**

**Ordinance & Syllabus  
for  
B.Sc. YOGA  
Academic Programme**

**Syllabus according to  
NEP-2020**

**Duration: 3 years (Six semesters)**

# Bachelor of Science (BSc.)-Yoga

## ORDINANCE

### Chapter

### "A"

#### Preamble

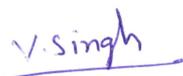
The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also, it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g., if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind, we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

#### 1. Title of the Programme:

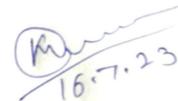
The programme shall be called "**Bachelor of science in Yoga**" (B.Sc. in Yoga)

#### 2. Aim of the Programme:

The aim of the programme is to produce "Yoga therapists for a clinical set up"



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### 3. Programme Outcome:

1. The aim of the program is to produce "Yoga therapists for a clinical set up"
2. Students will be able to demonstrate a comprehensive understanding of the history and philosophies that underpin the Yoga tradition.
3. Students demonstrate the correct form for the discipline of Yoga practice.
4. Students demonstrate effective teaching skills of Yoga.
5. Students will have knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga therapy

### Programme Specific Outcomes (PSO)

1. To introduce Yoga practical.
2. To introduce Yoga therapy and its principles.
3. To introduce Yoga practices to people with various lifestyle disorders.
4. To make the people aware of the therapeutic and preventive value of Yoga.
5. To bring peace and harmony in the society at large by introducing the Yogic way of life.
6. To create therapists of high caliber to make the society free from stress and lifestyle related diseases.

### 4. B. Sc.-Yoga degree will be under the School of Teacher Education of the C.S.J.M. University, Kanpur.

### 5. Duration of Course :

- B.Sc.-Yoga course will be a full time course.
- The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

### 6. No. of Seats : Total no. of Students to this course - 40

### 7. Admission:

#### • Eligibility Criteria:

For admission in this course candidate has to pass 10 + 2 (Any stream) conducted by any Board or University incorporated by law and recognized by this University with minimum 45% marks (relaxation of 5% marks for SC/ST student).

- Lateral Entry: One year diploma passed in Yoga after Intermediate. The admission will be given in 2<sup>nd</sup> Year of B.Sc. Yoga, depending on the availability of seats.
- **Mode of Admission:** As per the University Norms.

### 8. Medium of instruction: English & Hindi shall be the medium of instruction in the class and in the University examination.

9. **Method of Teaching:** The method of teaching adopted shall be a combination of lectures, demonstrations and practical by the full time faculty, visiting or part time or guest faculty.

10. **Examination:** As per the University norms.

**11. Attendance to appear in the end semester examination :**

- The permission to appear in end semester examination shall be granted to such candidate only who have fulfill the condition of 75% attendance in each subject separately in theory and practical as per the university rule.
- Regarding attendance requirements students will have to fulfill the condition of 75% attendance. 15% relaxation in attendance, in exceptional circumstances can be made by the Vice Chancellor on the recommendation of the Director/Coordinator/Head of the Institute/Department.

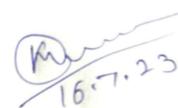


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**STRUCTURE OF SYLLABUS FOR THE  
PROGRAM: B.Sc. Yoga**

S.N.	Name of BoS Members	Internal/ External	Designation	Department	College/University
1	Pro. Ishwar Bhardwaj	External	Dean Academic	D.S.V.V	Dev Sanskriti Vishwa Vidyalaya, Haridwar
2	Dr. Kakamkhya Kumar	External	Associate Pro. & Head	Yogic Science	Uttrakhand Sanskriti, Vishwa Vidyalaya, Haridwar
3	Dr. Dhananjay Singh	External	Asst. Professor	Physical Education	R.B.S. College Agra
4	Dr. Sravan Kumar Yadav	Internal	Convenor & Head	Physical Education	CSJM University, Kanpur
5	Dr. Ashish Kumar Katiyar	Internal	Assistant Professor	Physical Education	C.S.J.M. University, Kanpur
6	Dr Ram Kishore	Internal	Assistant Professor	Physical Education	C.S.J.M. University, Kanpur
7	Dr Vipendra Singh Parmar	Internal	Head	Physical Education	VSSD College, Kanpur

**Ist Year/Ist Semester**

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
BYOG101	Core	Foundations of Yoga	3	1	0	4	25	75	100
BYOG102	Core	Introduction to Hath Yoga and it's texts	3	1	0	4	25	75	100
BYOG103	Core	Human Anatomy and Physiology	3	1	0	4	25	75	100
AECC-1A	Elective	Environmental Science	3	1	0	4	25	75	100
AECC-1B		English/Hindi/Mil Communication							
BYOG104	Practical	Human Anatomy and Physiology Practical	-	-	4	2	25	75	100
BYOG105	Practical	Yoga Practicum-I	0	0	8	4	25	75	100
<b>28 Hrs.</b>						<b>22</b>	<b>TOTAL</b>		<b>600</b>

**Ist Year/Ind Semester**

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
BYOG201	Core	Patanjala Yoga Darshana	3	1	0	4	25	75	100
BYOG202	Core	Essence of Principal Upanishads	3	1	0	4	25	75	100
BYOG203	Core	Research Methodology & Statistics	3	1	0	4	25	75	100
BYOG204	DSE	Fundamentals of Naturopathy	3	1	0	4	25	75	100
BYOG205	Practical	Yoga Practicum-II			8	4	25	75	100
BYOG206	Practical	Yoga Practicum-III			6	3	25	75	100

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<b>30 Hrs.</b>	<b>23</b>	<b>TOTAL</b>	<b>60</b>
		<b>L</b>	<b>0</b>

**IInd Year/IIIrd Semester**

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
BYOG301	Core	Essence of Bhagavad Gita for holistic living	3	1	0	4	25	75	100
BYOG302	Core	Yoga and Holistic Health	3	1	0	4	25	75	100
BYOG303	Core	Methods of Teaching Yoga	3	1	0	4	25	75	100
BYOG304	SOC	Human System According to Yoga	3	1	0	4	25	75	100
BYOG305	Practical	Yoga Practicum-IV	-	-	8	4	25	75	100
BYOG306	Practical	Yoga Practicum-V	-	-	6	3	25	75	100
<b>30 Hrs.</b>						<b>23</b>	<b>TOTAL</b>	<b>600</b>	

**IInd Year/ IVth Semester**

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
BYOG401	Core	Four Streams of Yoga							
BYOG402	Core	Introduction to Indian Philosophy & Yoga	3	1	-	4	25	75	100
BYOG403	Core	Basis of Yoga Therapy	3	1	-	4	25	75	100
BYOG404	GE	Application of Yoga	3	1	-	4	25	75	100
BYOG405	Practical 1	Yoga Practicum-VI	-	-	8	4	25	75	100
BYOG406	Practical 1	Yoga Practicum-VII	-	-	4	2	25	75	100
		<b>TOTAL 28 Hrs.</b>				<b>22</b>	<b>-</b>		<b>600</b>

**III Year/ Vth Semester**

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
BYOG501	Core	Introduction to Indian Philosophy & Vedic Culture	3	1	0	4	25	75	100
BYOG502	Core	Yoga and Human Consciousness	3	1	0	4	25	75	100
BYOG503	Core	Yogic Management of Lifestyle Related Disorders	3	1	0	4	25	75	100
BYOG504	GE	Introduction to Ayush	3	1	0	4	25	75	100
BYOG505	Practical	Yoga Practicum-VIII	0	0	8	4	25	75	100

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BYOG506	Practical	Yoga Practicum-IX	0	0	6	3	25	75	100
<b>Total 30 Hrs.</b>						<b>23</b>	<b>TOTAL</b>		<b>600</b>

**III Year/ VIth Semester**

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
BYOG601	Core	Yoga and Human Values	3	1	0	4	25	75	100
BYOG602	Core	Applied Yoga							
BYOG603	AEEC	Yoga and Mental Health	3	1	0	4	25	75	100
BYOG604	Practical	Yoga Practicum-X	0	0	8	4	25	75	100
BYOG605	PW	Project Work			8	8		200	200
<b>30 Hrs.</b>						<b>24</b>	<b>TOTAL</b>		<b>600</b>
<b>Total</b>						<b>137</b>			<b>3600</b>

**NOTE:**

- AECC : Ability Enhancement Compulsory Course, DSE : Discipline Specific Elective, SOC : Skill oriented Course, GE : Generic Elective, AEEC : Ability Enhancement Elective Course
- Yoga Practical-II (E090205P) is a Minor (interdisciplinary) open elective offered by School of Teacher Education in IIInd sem. for students of other disciplines /faculty.

**INTERNAL ASSESSMENT**

- It will be for theory and practical both.
- It will be done through the whole semester.
- The candidate must obtain at least 40% marks in theory and practicals separately in internal assessment to be eligible for the semester University examination.
- Internal assessment (Theory) will be done as follows:
 

a) Mid-sem./Class Test/Assignment	= 20 marks
b) Attendance	= 05 marks
<b>Total</b>	<b>= 25 marks</b>

Internal assessment (Practical) will be done as follows:

- |                           |                   |
|---------------------------|-------------------|
| a) Practical Copy         | = 10 marks        |
| b) Day to day performance | = 10 marks        |
| c) Attendance             | = 05 marks        |
| <b>Total</b>              | <b>= 25 marks</b> |

**CRITERIA FOR PASSING**

- As per the University Norms.

**DIVISION:**

- As per the University Norms.

**DEGREE:**

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The degree of B.Sc. Yoga programme of the University shall be conferred on the candidates who have pursued the prescribed course of study for not less than Six Semesters and have passed examinations as prescribed under the relevant scheme.

### COURSE OF STUDY

#### B.Sc. in Yoga First Semester (First Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG101	Foundations of Yoga	60	4
2	BYOG102	Introduction to Hath Yoga and it's texts	60	4
3	BYOG103	Human Anatomy and Physiology	60	4
4	AECC-1	Communicative English	60	4
5	BYOG105	Human Anatomy and Physiology Practical	60	2
6	BYOG106	Yoga Practicum-I	120	4
				22

#### B.Sc. in Yoga Second Semester (First Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG 201	Patanjala Yoga Darshana	60	4
2	BYOG 202	Essence of Principal Upanishads	60	4
3	BYOG 203	Research Methodology & Statistics	60	4
4	BYOG 204	Fundamentals of Naturopathy	60	4
5	BYOG 205	Yoga Practicum-II	120	4
6	BYOG 206	Yoga Practicum-III	90	3
				23

#### B.Sc. in Yoga Third Semester (Second Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG 301	Essence of Bhagavad Gita for holistic living	60	4
2	BYOG 302	Yoga and Holistic Health	60	4
3	BYOG 303	Methods of Teaching Yoga	60	4
4	BYOG 304	Human System According to Yoga	60	4
5	BYOG 305	Yoga Practicum-IV	120	4

6	BYOG 306	Yoga Practicum-V	90	3
			<b>Total</b>	<b>23</b>

### B.Sc. in Yoga Fourth Semester (Second Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG 401	Four Streams of Yoga	60	4
2	BYOG 402	Introduction to Indian Philosophy & Yoga	60	4
3	BYOG 403	Basis of Yoga Therapy	60	4
4	BYOG 404	Application of Yoga	60	4
5	BYOG 405	Yoga Practicum-VI	120	4
6	BYOG 406	Yoga Practicum-VII	60	2
			<b>Total</b>	<b>22</b>

### B.Sc. in Yoga Fifth Semester (Third Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG 501	Introduction to Indian Philosophy & Vedic Culture	60	4
2	BYOG 502	Yoga and Human Consciousness	60	4
3	BYOG 503	Yogic Management of Lifestyle Related Disorders	60	4
4	BYOG 504	Introduction to Ayush	60	4
5	BYOG 505	Yoga Practicum-VIII	120	4
6	BYOG 506	Yoga Practicum-IX	90	3
			<b>Total</b>	<b>23</b>

### B.Sc. in Yoga Sixth Semester (Third Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG 601	Yoga and Human Values	60	4
2	BYOG 602	Applied Yoga	60	4
3	BYOG 603	Yoga and Mental Health	60	4
	BYOG 604	Yoga Practicum-X	120	4

5	BYOG 605	Project Work	120	8
			<b>Total</b>	<b>24</b>

## B.Sc.-Yoga- First Semester

**Subject Code:** BYOG 101

### FOUNDATIONS OF YOGA

**Min. Hrs - Theory: 60 Hrs.**

#### Course Objectives:

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

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

#### Course Outcome:

1. Students gain newer insight regarding the introduction & importance of Yoga for day to day life.
2. This forms the basis of the development of concept of Indian Philosophy.
3. Also, the content dealing with the ancient Indian literature in yogic perspective

#### **Unit-1: General introduction to yoga**

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga

#### **Unit - 2: General introduction to Indian philosophy**

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy

#### **Unit - 3: Brief about Yoga in texts –I**

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras

#### **Unit-4: Brief about Yoga in texts – II**

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta.

#### **Text Books**

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013.
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.
3. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010.
4. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010

#### **Books for Reference**

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept., II Edition,2009.
3. Hiriyanma M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009.
4. Hiriyanma M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008.
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008.
6. Max Muller K.M: The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2000.

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## B.Sc.-Yoga- First Semester

Subject Code: BYOG 102

### INTRODUCTION TO HATH YOGA AND IT'S TEXTS

Min. Hrs - Theory: 60 Hrs.

#### Objectives:

By introducing hatha Yoga & its texts, students shall be able to:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Understand the relationship between Patanjala and Raja yoga.
- Have an understanding about the concept of yoga in other yogic texts.

Course Outcome:

1. Students will understand the concept of Hatha Yoga and use it Yoga therapy.
2. Will adopt Badhak Tattva and Sadhka Tattva to move forward in Yoga Sadhna and practical life.
3. Will understand the Basic concept of Panch Prana and Panch Upprana and use it to live a healthy lifestyle.
4. Students will gain a deep insight and knowledge of all the main Hatha Yoga texts.
5. Students will gain to relation between Patanjalayogadarshan and Hatha Yogic texts.

#### **Unit - I: General introduction to Hatha yoga**

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga

#### **Unit - 2: Pre-requisites**

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam

#### **Unit - 3: Principles and Introduction to Hatha Yoga texts**

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi; Introduction to hatha yoga texts: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali

#### **Unit- 4: Relationship between Patanjala Yoga and Hatha Yoga**

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of JñānaYoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini

#### **Text Books**

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

#### **Books for Reference**

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005

## **B.Sc.-Yoga- First Semester**

**Subject Code: BYOG 103**

**Min. Hrs - Theory: 60 Hrs.**

### **HUMAN ANATOMY AND PHYSIOLOGY**

**Objective: -**

To provide students with the basic knowledge of anatomical structures & functions of human body.

**Learning Outcome: -**

1. Student will acquire the basic knowledge of the anatomy of the human body.
2. They will develop understanding about the functions of each system of the body.
3. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.

Unit-I (10 lecture)

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle. Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

Unit-II (15 lecture)

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
- Types of muscular contractions, Name of various muscles acting on various joints.
- Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, Athlete's heart.

Unit-III (15 lecture)

- Respiratory system-structure and function, second wind, oxygen debt.
- Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

Unit-IV (20 lecture)

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action.
- Endocrine system- role of various endocrine glands, Structure & function of human eye & ear.
- Excretory system-structure & function, including structure & function of skin.
- Reproductive system- structure & function of male & female Reproductive system.

**SUGGESTED READINGS:**

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.

4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingsto

## **B.Sc.-Yoga- First Semester**

**Subject Code: AECC-1**

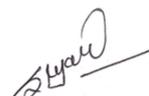
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## **B.Sc.-Yoga- First Semester**

**Subject Code: BYOG 105**

### **HUMAN ANATOMY AND PHYSIOLOGY PRACTICUM**

**Min. Hrs – Practical: 60 Hrs.**

#### **Objectives:**

The objectives behind teaching Anatomy and Physiology are to

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

#### **Course Outcome:**

Page After the completion of the course the students will acquire knowledge of:

1. Structure & Function of Human Body, human cells and muscles.
2. Structure & function of digestive & respiratory system.
3. Composition & function of blood.
4. Components of life according to Ayurvedic anatomy.

- Counting of pulse rate
- Measurement of blood pressure
- Study of various bones of human body
- Study of different body system with the help of models
- Study of various movements of the joints.

#### **SUGGESTED READINGS:**

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.
4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingston

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## B.Sc.-Yoga- First Semester

**Subject Code:** BYOG 106  
**YOGA PRACTICUM-I**  
**Min. Hrs - Practical: 120 Hrs.**

### Objectives:

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

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice

Course Outcome:

After the completion of the course the students will acquire knowledge of:

1. Knowledge of yogic prayer.
2. Purification kriyas.
3. Practise of Surya namaskar.
4. Practise of breathing patterns and Pranayam.

### **Unit-1:**

#### **Recitation of hymns & hasta mudra**

Recitation of Pratah-smaran and Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

### **Unit-2:**

#### **(A) Shatkarmas**

Dhauti (Kunjali, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneli); Kapalbhata and its variants; Agnisara

#### **(B) Surya Namaskara**

### **Unit-3: Breathing practices**

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, 33 Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

### **Unit-4: Continuous evaluation by the Teachers**

#### **Text Books**

1. Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
4. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

#### **Books for References**

1. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselsvenia, 1998

## **B.Sc.-Yoga- Second Semester**

**Subject Code: BYOG 201**

**PATANJALA YOGA DARSHAN**

**Min. Hrs - Theory: 60 Hrs.**

### **Objectives:**

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

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

### **Course outcome:**

Students will gain an understanding of:

1. Concept of Yoga
2. Knowledge of chitta vrittis and their classification.
3. Knowledge of Samadhis.
4. Knowledge of kleshes, prakriti and purush and siddhis.
5. Dhrarna, Dhyaan and Kaivaly.
6. Concept of Ashtang Yoga.
7. Concept of Yam-Niyama.
8. Concept of Abhyas and Vairagya.

### **Unit - 1: Introduction to Yoga Darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya**

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

### **Unit - 2: Samadhi pada**

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitrika and Nirvitrika, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

### **Unit-3: Sadhana pada**

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

### **Unit - 4: Vibhuti and Kaivalya Pada**

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities

### **Text Books**

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

### **Books for Reference**

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

**B.Sc.-Yoga- Second Semester**  
**Subject Code: Subject Code: BYOG 202**  
**ESSENCE OF PRINCIPAL UPNISHADS**  
**Min. Hrs. - Theory: 60 Hrs.**

**Objectives:**

- On the completion of this course, student will be able to
- Have an idea about the major principal Upanishads
  - Understand the essence of each Upanishad and how to put them into practice.
  - Understand each Upanishad and the role of it in our day-to-day life.
  - Quote references of each practice as per traditional texts

**Course Outcome:**

1. Students will gain knowledge of major principal Upanishads
2. Students will gain knowledge of Atman and Brahman.
3. Students will gain knowledge to understand Prasthantriya.
4. Students will excel in Mandukya upnishad to understand four stages of consciousness.
5. Students will learn concept of Karmanishtha and Gyannishtha according to Ishavasyopnishad.

**UNIT-1: INTRODUCTION ESSENCE OF ISHA & KENOPANISHAD**

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; **Ishavasyopnishad:** JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kenopnishad:** The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (KenaII.5).

**UNIT-2: ESSENCE OF KATHO & PRASHNAPANISHAD**

Kathopnishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state; Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul.

**UNIT-3: ESSENCE OF MUNDAKA, MANDUKYA AND TAITRIYA**

Mundaka: The greatness of Brahavidya, the worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopnishad: All this is Brahman, The fourth state of being, Taitriya: Shikshavalli Brahmavalli (Concept of Panch Kosha)

**UNIT- 4: ESSENCE OF AITAREYA, CHANDOGYA & BRIHADARANYAKA**

Aitareya: Everything is only that Atman, All this is Brahman only; Chandogyia: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman; Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics.

**Text Books**

1. Yogrishi Ramdev: Upnishad Sandesh, Divya prakashan, 2018.

2. Dr. Satyavrit Sidhantalankar: Ekadasho Upnishad

#### Reference Books

2. Ishadinopnishad: Geeta Press Gorakhpur.
3. Kalyan Upnishad Ank: Geeta Press Gorakhpur

**B.Sc.-Yoga- Second Semester**  
**Subject Code: Subject Code: BYOG 203**  
**RESEARCH METHODOLOGY & STATISTICS**  
**Min. Hrs - Theory: 60 Hrs.**

#### Objectives:

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

#### **Course Outcome:**

1. Research methodology provides a detailed plan that helps to keep students on track.
2. It helps students making the Research process smooth, effective and manageable.
3. The research methodology design process will help students to select the correct method for objective and outcome.
4. It will give students the tool for building knowledge and facilitating learning

#### **RESEARCH METHODOLOGY**

##### **Unit-1**

##### **1. Introduction to Research methodology:**

Meaning of research, objectives of research, Motivation in research, Types of research & research approaches, Research methods vs methodology, Criteria for good research.

##### **2. Research problem:**

Statement of research problem, Statement of purpose and objectives of research problem, Necessity of defining the problem

##### **3. Research design:**

Meaning of research design, Need for research design, Features for good design, Different research designs, Basic principles of research design.

##### **Unit-2**

##### **1. Measurement & scaling techniques: Measurement in research-**

Measurement scales, sources of error in measurement, Technique of developing measurement tools, Meaning of scaling, its classification, important scaling techniques.

##### **2. Methods of data collection:** collection of primary data, collection data through questionnaires & schedules, Difference between questionnaires & schedules.

##### **3. Computer technology:** Introduction to Computers, computer application in research computers & researcher.

#### **STATISTICS**

##### **Unit-3**

##### **1. Introduction:** Meaning, definition, characteristics of statistics. Importance of the study of statistics, Branches of statistics, Statistics and health science, Parameters and Estimates, Variables and their types, Measurement scales.

##### **2. Tabulation of Data:** Basic principles of graphical representation, Types of diagrams – histograms, frequency polygons, smooth frequency polygon, cumulative frequency curve, Normal probability curve.

##### **Unit-4**

##### **1. Measures of Central Tendency:** Need for measures of central Tendency, Definition and calculation of **Mean** – ungrouped and grouped, interpretation and calculation of Median-ungrouped and grouped, Meaning and calculation of Mode, Geometric mean & Harmonic mean, Guidelines for the use of various measures of central tendency.

2. **Measures of Dispersion** : Range, mean deviation, standard deviation & variance.
3. **Probability and Standard Distributions**: Meaning of probability of standard distribution, the binominal distribution, the normal distribution, Divergence from normality – skewness, kurtosis.
4. **Correlation & regression** : Significance, correlation coefficient, linear regression & regression equation.

#### Unit-5

1. **Testing of Hypotheses , Level of significance, Degrees of freedom.**
2. **Chi-square test, test of Goodness of fit & student t-test.**
3. **Analysis of variance & covariance**: Analysis of variance (ANOVA), what is ANOVA? Basic principle of ANOVA, ANOVA technique, Analysis of Co variance (ANACOVA)
4. **Sampling**: Definition, Types- simple, random, stratified, cluster and double sampling. Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors.

#### TEXT BOOKS:

5. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.
6. REFERENCE BOOKS: 1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi. 2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi



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**B.Sc.-Yoga- Second Semester**  
**Subject Code: BYOG 204**  
**FUNDAMENTALS OF NATUROPATHY**  
**Min. Hrs - Theory: 40 Hrs.**

**Objectives:**

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

- Understand fundamentals of Naturopathy
- Know fundamentals of healthy living
- Know lifestyle regimens according to naturecure.

**Course Outcome:**

1. Students will understand the concept of Naturopathy.
2. Will adopt principal of Naturopathy to promotion and prevention of health.
3. Will understand the Basic concept of hydrotherapy.
4. Students will gain to therapeutic use of fasting.
5. Students will gain to therapeutic use of deffrent types of massages.

**Unit-1: INTRODUCTION TO NATUROPATHY**

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

**Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY**

Composition of the human body according to Naturopathy, Laws of Nature: Pancha- Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygeine and prevention of diseases;

**Unit-3: NATUROPATHY**

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification; Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and, health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

**Text Books**

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

**Reference Books**

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

## B.Sc.-Yoga- Second Semester

Subject Code: E090205P

### YOGA PRACTICUM-II

Min. Hrs - Practical: 120 Hrs.

#### Objectives:

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

- Understand the concept and principles of Shatkarmas & Sukshma-Sthula vyayama.
- Explain and demonstrate the above-mentioned practices skillfully.
- Have an indepth understanding anout Standing Postures and body alignment Standing Postures and body alignment Yogasanas.
- Have an understanding asbout the practices that help practitioners to lead to meditation.

Course Outcome:

After the completion of the course the students will acquire knowledge of:

1. Knowledge of Shatkarma.
2. Knowledge and practice of Yogic sukshma and sthul vyayam.
3. Knowledge and practice of Yogasan.
4. Knowledge and practice of Pranayam
5. Knowledge and practice of Meditaions

#### **Unit-1: Shatkarma**

Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)

#### **Unit-2: Yogic suksma and sthula vyayama**

- (a) **Yogic suksma vyayama Uccharana**-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)
- (b) **Yogic sthula vyayama**: Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

#### **Unit-3: Yogasana (Standing Postures and body alignment)**

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Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations.

#### Unit-4: Pranayama

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama 43.

#### Unit-5: Practices leading to meditation

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT)

#### Text Books

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980.
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
3. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

#### Books for References

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993.
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.
5. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
6. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangalore.
7. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangalore.

## B.Sc.-Yoga- Second Semester

Subject Code: E090206P  
YOGA PRACTICUM-III  
Min. Hrs - Practical: 60 Hrs

### Objectives:

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

- Understand the principle and practice of different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Explain the benefits, limitation and subtle points of each practice.

### **Course Outcome:**

After the completion of the course the students will acquire knowledge of:

1. Knowledge and practice of Yogasan in seating postures.
2. Knowledge and practice of Yogasan in supine lying postures.
3. Knowledge and practice of Yogasan in prone lying postures.
4. Knowledge and practice of Bandha and Pranayam.
5. Knowledge and practice of meditation.

### **Unit-1: Yogasana**

#### **(A) Sitting Postures**

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

#### **(B) Supine lying Postures**

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

#### **(C) Prone line Postures**

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

### **Unit- 2: Bandh & Pranayam**

(A) Bandha Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

(B) Pranayama (with Antar & Bahya Kumbhaka) Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama

### **Unit-3: Practices leading to Meditation:**

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

### **Unit-4:**

Continuous evaluation by the Teachers

### **Text Books**

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
4. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012.
5. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
6. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

### **Books for References**

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
4. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005.
5. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangoore.
6. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996.
7. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon.
8. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004

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**B.Sc.-Yoga- Third Semester**  
**Subject Code: BYOG 301**  
**ESSENCE OF BHAGAVAD GITA FOR HOLISTIC LIVING**  
**Min. Hrs - Theory: 60 Hrs.**

**Objectives:**

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

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti Yoga.
- Understand the concept of Ahara its role in healthy living.

**Course Outcome:**

1. Simplified principles of Bhagwat Geeta in curriculum facilitate in students, a pragmatic approach towards the relevance of Bhagwat Geeta in day to day life.
2. Students will gain knowledge and understand the importance of Saatvik, Raajsik and Taamsik food on the mind and the body.
3. Students will take the help of the concept of Karmyoga.
4. Exploration of multidimensional approaches to gain insight into the spiritual and philosophical aspects of Yoga in Bhagwat Geeta.

**Unit – 1: Significance of Bhagavadgita as synthesis of yoga**

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

**Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita**

Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

**Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita**

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita, Yoga of Bhakti and Bhakta as described in Bhagavadgita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

**Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living**

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita

*Text Books*

1. 108 Upnishad, Gyanakhand, Brahmvidyakhanda and Sadhanakhanda, Sampadaka Pt. Shreeram Sharma Acharya, Yug Nirman Yujna Vistar Trust, Mathura, 2010.
2. Yogrishi Ramdev: Upnishad Sandesh, Divya prakashan, 2018.
3. Dr. Satyavrit Sidhantalankar: Ekadasho Upnishad

*Reference Books*

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

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**B.Sc.-Yoga- Third Semester**  
**Subject Code: BYOG 302**  
**YOGA AND HOLISTIC HEALTH**  
**Min. Hrs - Theory: 60 Hrs.**

**Objectives:**

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

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing.
- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

**Course Outcome:**

1. Students will learn Yogic concept of body and how 'sat, raj, tam' affect our mind and how the five tatva affect our body health.
2. Students will gain cause of ill according to Patanjali.
3. The students will know about importance of Saatvik Diet to lead a stable and peaceful/composed lifestyle.
4. The students will excel in the positive effect of Asana and Pranayam on our mind and body

**Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Panchaprana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

**Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI**

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

**Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I**

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

**Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II**

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

**Text Book**

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

**Reference Books:**

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002 3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
3. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

**B.Sc.-Yoga- Third Semester**  
**Subject Code: BYOG 303**  
**METHODS OF TEACHING YOGA**  
**Min. Hrs - Theory: 60 Hrs.**

**Objectives:**

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

- Understand the principles and practices of teaching methods of Yoga.
- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

**Course Outcome:**

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module.
4. Students will gain knowledge for class room teaching including arrangement, problems and their solutions.

**UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA**

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Qualities of a Yoga Teacher, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Importance of Teacher training.

**UNIT-2: BASICS OF YOGA CLASS MANAGEMENT**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

**UNIT-3: LESSON PLANNING IN YOGA**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research in Yoga: Meaning, Roles, Steps in Action Research in Yoga Teaching; Effective use of Library and other resources.

**UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING**

Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

**Text Books**

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

**Books for Reference**

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

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**B.Sc.-Yoga- Third Semester**  
**Subject Code: BYOG 304**  
**HUMAN SYSTEM ACCORDING TO YOGA**  
**Min. Hrs - Theory: 60 Hrs.**

**Objectives:**

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

- Know about ytradiational concept of evolution
- Understand the traditional concept of body and its origin and development.
- Understand the subtle nature of body energies.

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

1. Students will understand the evolution of body according to Samkhya-Yoga.
2. Students will understand the Panch Kosa theory.
3. Students will understand the Chakra and Mandalas theory.
4. Students will understand the Vyau, Nadies and Swara Yoga.

**Unit-1: EVOLUTION OF BODY**

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāinkhya Yoga, Evolution of Jnānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body.

**Unit-2: PANCHA KOSA THEORY**

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

**Unit-3: CHAKRAS AND MANDALAS**

Introduction to Tantra, brief of Tantra Yog, Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādhishtāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mandalas, types and their work.

**Unit-4: VAYUS, NADIS AND SVARA YOGA**

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Piigalā and Sushumnā; Effects of SvaraYoga as explained in the Haōha Yogic texts, Relevance of Svara-vijnāna in daytoday life and the importance of Svarodaya in health and disease.

**Text Books**

1. Yogrishi Swami Ramdev Ji: Pranayam Rahasya: Divya Prakashan, Haridwar, 2009
2. Tantra Nadi Kriya Vijnana: CCRYN Publication, New Delhi
3. Nityananda Paramhansa: Tantra Darshan
4. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
5. Taitriyaupnishad

**Reference Books**

2. Nagendra HR.: Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
3. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.

## **B.Sc.-Yoga- Third Semester**

**Subject Code: BYOG 305**

**YOGA PRACTICUM-IV**

**TEACHING PRACTICE**

**Min. Hrs - Practical: 120 Hrs**

### **Objectives:**

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

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

### **Course Outcome:**

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module.
4. Students will gain knowledge for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

### **Unit-1: PREPARATION OF 10 LESSON PLAN**

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the course coordinator.

### **Unit-2: APPLICATION OF PREPARED LESSON PLAN**

Students have to teach the prepared lesson plan in previous semester Yoga Practicle classes under supervision of Yoga Teachers/Instructors.

### **Unit-3: PRESENTATION OF LESSON PLAN**

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

### **UNIT -5: SWASTIVACHANA (1-15 VERSES)**

Understanding, memorization and recitation of Mantras

### **UNIT-4: CONTINUOUS EVALUATION BY THE TEACHER**

### **Text Books**

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 200

## B.Sc.-Yoga- Third Semester

Subject Code: BYOG 306

**YOGA PRACTICUM-V**

Min. Hrs - Practical: 90 Hrs.

### Objectives:

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

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Course Outcome:

1. Knowledge and practice of Shatkarma.
2. Knowledge and practice of Yogasan in Standing postures.
3. Knowledge and practice of Yogasan in seating postures.
4. Therapeutic Knowledge of Shatkarma, Yogasan, Bandha, Pranayama.

### **Unit-1: Shatkarmas**

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara

### **Unit-2: Yogasanas-I**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana;

### **Unit-3: Yogasanas-I**

Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana

### **Unit-4: Teacher's evaluation**

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practice should be at least 1 minute and maximum can be 5 minutes.

### **Text Books**

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980.
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

### **Books for References**

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

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## B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG 401

FOUR STREAMS OF YOGA

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

1. Understand the four paths/streams of yoga with in-depth understanding.
2. Have an indepth understanding about their similarities and dissimilarities.
3. Understand the principle and conceptualize each stream.

### Course Outcome:

1. It will help students that knowledge of any kind can be adopted with the help of Shravan, Manan and Nidhidhasana.
2. The students will transform themselves to remain unaffected in adverse situations after learning the flow of pran in shushumana.
3. Students will excel to make the mind peaceful and powerful by Chanting of mantra in correct pronunciations.
4. Students will gain knowledge of Karma theory.
5. Students will gain knowledge of Bhakti Yoga.
6. Students gain insight into the role of 'Raj Yoga' in enlightening our consciousness

### Unit-1: Jnana Yoga

Sadhana Chatustaya, Stages of Jnana Yoga practice (shravan, manana, Nidhidhasana), States of consciousness, the concepts of ida, pingla and the sushumna the central channel of energy running along the spine.

### Unit-2: Bhakti Yoga

Navavidha Bhakti, Qualities of a bhakta, the pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, demonstrated ability to create a bhakti bhava during the chanting and singing

### Unit-3: KarmaYoga

The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajna lakshana, The law of karma

### Unit-4: Raja Yoga

Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### Text Books

1. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000 Paper Name: Basi

## B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG 402

Introduction to Indian Philosophy & Yoga

Min. Hrs - Practical: 60 Hrs.

### Unit-I:

Philosophy: Meaning, Definition, Nature and Dimensions. Concept of Metaphysics, Epistemology and Ethics Characteristics and Classification of Indian Philosophy

### Unit-II:

General account of Categories in Nyaya-Vaisesika Philosophy, Dravya, Guna, Karma, Samanya, Visesa, Samvaya and Abhava Prama, Prameya and Pramana, Karya-Karana Sambandh

Unit-III: Subject of Purva Mimamsa and Uttar Mimamsa. Types of Vedant Darshan: Advaita, Vishistadwait, Dwaita, Suddhadwaita and Dwaitadhwait, Metaphysical Background of Samkhya–Yoga Philosophy Description of Cittavriti, Cittabhumi and Path of Yoga.

Unit-IV: Concept of Anekantvada, Syadavada and Saptbhanginaya. Ethical Discipline and means to Liberation in Jainism. Buddhist Philosophy and Concept of Four Noble Truths. Aim, Objective and Misconceptions of Yoga Conceptual analysis of Yoga and its Importance. Yoga Philosophy-general Introduction, Chitta, Chichh Bhumi & the eight fold path of yoga samadhi, vibhutiyan & Existence of god.

### Books Recommended

1. Upadhyaya, Acharya Baldeo- Indian Philosophy
2. Sinha, J.N. – Indian Philosophy
3. Saxena, Sri Krishna- Nature of Consciousness in India
4. Saxena, Kanchan- Concept of Salvation in Hinduism and Christianit

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## B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG 403

### BASIS OF YOGA THERAPY

Min. Hrs - Theory: 60 Hrs.

#### Objectives:

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

- To understand the principles of Yoga Therapy according to diseases.
- To prepare standard Yoga Therapy protocol according to diseases.
- To understand the cause of disease and the role of Yoga in health and healing.

#### **Course Outcome:**

1. Students will understand Yogic concept of health and disease.
2. Students will learn that physical and mental health are co-dependent which have an effect on each other.
3. Students will learn the role of positive attitude of healthy living.
4. Students will understand of importance of Mitahara and Chittaprasadan in day to day life.
5. Students learn the importance of Maitri, Karuna, Mudita and Upeksha.

#### **Unit-1:**

##### **Yogic concepts of health and disease:**

Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa.

##### **Unit-2: Yogic concepts for health and healing**

Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddhi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing

##### **Unit-3: Principles and practices for healthy life**

Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shatkarma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

##### **Unit-4: Health benefits of yogic practices**

Psycho-physiological effects and health benefits of Yogasana, Pranayama, Shatkarma, Bandha and Mudra, and Meditation

#### **Text Books**

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

#### **Books for Reference**

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. T.S. Rukmani: Patanjala Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013 5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

## **B.Sc.-Yoga Forth Semester**

**Subject Code: BYOG 404**

**Application Of Yoga**

**Min. Hrs - Theory: 60 Hrs.**

### **Unit-1: YOGA IN SCHOOL**

**[15 Hrs.]**

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Role of Yoga in establishment of values in School going children; Personality; Development: New Dimensions of Personality through Yoga

### **Unit-2: YOGA FOR SPORTS**

**[15 Hrs.]**

General introduction to Physical Education and Sports; Difference between Physical; Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

### **Unit-3: YOGA FOR STRESS**

**[15 Hrs.]**

Introduction to stress, its causes; Role of Yoga in prevention of stress

### **Unit-4: YOGA FOR ELDERLY POPULATION**

**[15 Hrs.]**

General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population; General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population

### **TEXT BOOKS**

1. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009
2. Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003

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## B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG 405

YOGA PRACTICUM-VI

Min. Hrs - Practical: 120 Hrs

### Objectives:

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

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Course Outcome:

1. Knowledge and practice of Yogasan.
2. Knowledge and practice of Bandha and Mudra.
3. Knowledge and practice of advance Yogasan.
4. Therapeutic Knowledge of Yogasan, Bandha, Pranayama.

### **Unit-1: Yogasanas**

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana.

### **Unit-2: Bandha and Mudras**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

### **Unit-3: Pranayama**

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama , Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

### **Unit- 4: Practice leading to meditation**

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation , Preksha Meditation

### **Unit-5: Continuous evaluation by the Teachers**

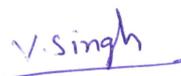
### **Text Books**

1. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

### **Reference Books :**

1. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
2. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011













**B.Sc.-Yoga- Fourth Semester**  
**Subject Code: BYOG 406**  
**Yoga Practicum-VII (FIELD WORK)**  
**Min. Hrs - Practical: 60 Hrs.**

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

- Yoga teaching.
- Take Yoga Class.
- Systematic arrangement of Yoga teaching
- Yoga Therapy.

**Course Outcome:**

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module for health prevention, promotion and Yoga therapy.
4. Students will gain confidence for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.

- The students will go to various places (schools/colleges/parks/villages and different societies etc.) to train the people for proper yoga practice.
- The students shall maintain logbook regarding it.
- At the end of the semester their logbooks will be evaluated by the faculty concerned.



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**B.Sc.-Yoga- Fifth Semester**  
**Subject Code: BYOG 501**  
**INTRODUCTION TO INDIAN PHILOSOPHY & VEDIC CULTURE**  
**Min. Hrs - Theory: 40 Hrs.**

**Objective:**

After studying this Course students are able to understand

- Various Indian philosophies.
- Shaddarshanas
- Various features of traditional Indian culture

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

1. Understand meaning, definition and importance of Philosophy.
2. Have an understanding about the Shaddarshan.
3. Understand the Nastik Darshan.
4. Understand the Indian culture.

**UNIT 1. INTRODUCTION TO INDIAN PHILOSOPHY**

Meaning and definition of Philosophy, Importance of philosophy in life, special features and importance of philosophy, various systems of philosophy- Vaidic & Avaidic darshan, three domains of philosophy- Jnana mimamsa (praman mimamsa- epistemology), Tatva mimamsa (metaphysics), Niti mimamsa (Achaar mimamsa-ethical theory).

**UNIT 2. INTRODUCTION TO SHADDARSHAN**

General introduction, Metaphysical & ethical principals of Vaidik Philosophies (Nyaya, Vaisheshik, Samkhya, Yoga, Mimamsa and Vedant).

**UNIT 3. INTRODUCTION TO JAIN, BUDHHA AND CHARVAK PHILOSOPHY**

General introduction, Metaphysical & ethical principals of non vaidik Philosophies (Jain, budhha, charvak).

**UNIT 4. INTRODUCTION TO CULTURE**

Meaning and definition of culture, introduction to Indian scriptures i.e. Vedas, Upnishad, Ramayana, Mahabharata, Gita.

**UNIT 5. FEATURES OF INDIAN CULTURE**

Purusharth chatustaya, Ashram Vyavastha, Varna vyavastha, Karma sidhant, Shodash sanskaar, Panchmahayajna, Rinatraya, Sahastitva, Vishvabandhutva.

**TEXT BOOKS**

1. Ramshankar Tripathy; History ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987.
2. REFERENCE BOOKS 1. R.S. Sharma; India's ancient past, Oxford publication, 2006.

## B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG 502

### YOGA AND HUMAN CONSCIOUSNESS

Min. Hrs - Theory: 60 Hrs.

#### Objectives:

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

- Understand the necessity and significance of psychology.
- Have an understanding about utility of psychology in the society.
- Understand human behavior with regard to therapy.

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

1. Students will understand the science of behaviour.
2. Students will understand about the domains and dynamics of behaviour.
3. Students will understand the diemssion of personality and it's development.
4. Students will understand the management of mental disorder through Yoga.

#### **Unit- I: Psychology: A science of behaviour**

**Psychology:** Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness; Sigmund Freud's Model of Human Psyche; Methods of Psychology: Introspection, Observation, Experimental Method, Interview, Psychological Testing; Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System

#### **Unit- 2: Domains and dynamics of behaviour – I**

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation

#### **Unit- 3: Domains and dynamics of behaviour – II**

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

#### **Unit- 4: Personality and its development**

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga

#### **Unit-5: Yoga for mental health**

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy - I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjala Yoga Sutra and 72 Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

#### **Text Books**

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

#### **Books for Reference**

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1. Basavaraddi, I.V.:Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.:Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
3. Passer, M.W. & Smith, R.E.:Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
4. Singh, A. K.:SaraI Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

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# B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG 503

## YOGIC MANAGEMENT OF LIFESTYLE RELATED DISORDERS

Min. Hrs - Theory: 60 Hrs.

### Objectives:

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

- Understand the principle of yoga therapy for each disease.
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

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

1. Students will understand the Yogic management of life style related disorder.
2. Students will understand the Yogic management of common ailments.
3. Students will understand the Yogic management of Cardio-vascular disorder.
4. Students will understand the Yogic management of Metabolic disorder.

### **Unit -1: Introduction to common ailments and Respiratory disorders**

Introduction to stress and stress related disorders; Introduction to Yoga therapy– AdhijaVyadhi concept, IAYT; Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management

### **Unit -2: Cardiovascular disorder**

Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management

### **Unit- 3: Endocrinal and Metabolic Disorder**

Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Obesity: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management

### **Unit -4: Obstetrics and Gynecological Disorders**

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to

pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

**Unit-5: Cancer and gastrointestinal disorders**

Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; Gastro Intestinal Disorders: APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features , Medical and 74 Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

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## B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG 504

### INTRODUCTION TO AYUSH

Min. Hrs - Theory: 60 Hrs.

#### Objectives:

On the completion of the course, students shall be able:

- To know fundamentals and principles of Yoga Therapy
- To understand the concept and principles of integrated approach of Yoga Therapy
- To know basics of Naturopathy, Ayurveda, Unani, Siddha and Homeopathy

#### **Course Outcome:**

1. Students will understand that what is Ayush?
2. Students will understand the Yogic concept of body.
3. Students will learn that Aadhi and Vyadhi are co-dependent which have an effect on each other.
4. Students will understand the basic concept of Naturopathy and its use day to day life.
5. Students will understand of importance of Ayurveda in day to day life.

#### **Unit-1: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY**

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijñanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

#### **Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY**

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications: Akash Tatwa Chikitsa, Vayu Tatwa Chikitsa, Agni Tatwa cChikitsa, Jala Tatwa Chikitsa, Prithvi Tatwa Chikitsa).

#### **Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA**

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

#### **UNIT- 4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY**

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

#### **Text Books:**

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

#### **Reference Book:**

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

## **B.Sc.-Yoga- Fifth Semester**

**Subject Code: BYOG 505**

### **YOGA PRACTICUM-VIII CASE STUDY**

**Min. Hrs - 120 Hrs**

#### **Objective**

Objective of this course is to make the students to record the data everyday in a clinical set up and analyze the same for the presentation of the cases.

#### **Course Outcome:**

1. Case studies increase student participation and enjoyment of learning.
2. It encourages higher order of critical thinking in students.
3. Students develop and excel in identifying and distinguishing between critical and extraneous factors

#### **Unit-1:**

Case taking-I Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

#### **Unit-2:**

Case taking-II Students shall be permitted to take remaining four cases and parameters will be recorded.

**Unit-3:** Preparation of the cases Candidate shall write a report of a most improved and least improved case.

**Unit-4:** Presentation Following the presentation, candidate will present the case to the examiners and the same will be examined.

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## **B.Sc.-Yoga- Fifth Semester**

**Subject Code: BYOG 506**

### **Yoga Practicum-IX (FIELD WORK)**

**Min. Hrs - Practical: 90 Hrs.**

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

- Yoga teaching.
- Take Yoga Class.
- Systematic arrangement of Yoga teaching
- Yoga Therapy.

#### **Course Outcome:**

6. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
7. Students will gain experience to conduct individual teaching as well as mass training.
8. Students will excel to make a Yoga Module for health prevention, promotion and Yoga therapy.
9. Students will gain confidence for class room teaching including arrangement, problems and their solutions.
10. Students will gain knowledge how to prepare lesson plan.

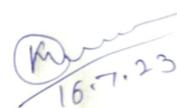
- The students will go to various places (schools/colleges/parks/villages and different societies etc.) to train the people for proper yoga practice.
- The students shall maintain logbook regarding it.
- At the end of the semester their logbooks will be evaluated by the faculty concerned.



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## B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG 601

### YOGA AND HUMAN VALUES

Min. Hrs - Theory: 60 Hrs.

#### Objectives:

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

- Understand the concept of harmony in human being, family and society.
- Understand the concept of human values.
- Have an understanding about our social responsibility.

#### **Course Outcome:**

1. First and foremost, students improve the relations with self.
2. Students will improve the relation with family and society and the sense of 'Vasudaiva Kutumbakam' becomes strong.
3. Students will learn about the ethics and social conduct

#### **Unit-1: Harmony in Human Being and in Myself**

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'

#### **Unit -2: Harmony in Family and Society - Harmony in Human – Human relationship**

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society – Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha); Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

#### **Unit -3: Concept of Human values: Moral Education**

Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their interrelationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship

#### **Unit -4: Social Responsibility and Yoga**

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and 80 its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

#### **Text Books**

1. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
2. Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008

#### **Books for Reference**

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008

## B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG 602

### Applied Yoga

Min. Hrs - Theory: 60 Hrs.

#### Objectives:

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

- Understand the applied value of Yoga in different domain.
- Have an idea about the role of Yoga for school, sports, technostress and geriatric care.

#### **Course Outcome:**

1. This course teaches students to inculcate the values of life through Yoga including school going children.
2. Students will gain elaborates knowledge on the relationship between Yoga, Physical Education and Sports.
3. Students learn the Application of Yoga for Management of Technostress.
4. Student can understand the importance of Yoga in delaying ageing and premature agein

#### **Unit -1: YOGIC HEALTH FOR SCHOOL**

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

#### **Unit -2: YOGA IN PHYSICAL EDUCATION, SPORTS SCIENCES**

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.

#### **Unit -3: YOGA FOR TECHNOSTRESS**

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.

#### **Unit -4: YOGA FOR GERIATRIC CARE**

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geraitric care.

#### **Text Books**

1. Yogrishi Swami Ramdev Ji: Yoga in synergy with medical science, Divya Prakashan, Haridwar, 2007.
2. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

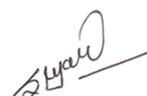
#### **Books for Reference**

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006



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## **B.Sc.-Yoga- Sixth Semester**

**Subject Code: BYOG 603**

### **YOGA AND MENTAL HEALTH**

**Min. Hrs - Theory: 60 Hrs.**

#### **Objectives:**

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

- Understand basics of Mental Health
- Understand fundamental Psychiatric Disorders
- Understand about Personality
- Understand application of Yoga for Mental health

#### **Course Outcome:**

1. Students will excel in the role of mental health in the overall health of an individual and the correlation between the body and the mind.
2. Students will understand how negative thoughts and bad mental health cause Skin Disease, Heart and Kidney problems.
3. Students will learn the Yogic Management of Psychosomatic Diseases.
4. Students will gain a healthy perspective to behave at home and in the society.

#### **Unit-1: MENTAL HEALTH**

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments

#### **Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS**

Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders; Mood Disorders; Eating Disorders; Personality Disorders

#### **Unit-3: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS**

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

#### **Unit- 4 : YOGA FOR MENTAL HEALTH**

Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

#### **Text Books**

1. Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
2. Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
3. Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.
4. Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

#### **Books Recommended :**

1. Pro. P.D. Mishra, Asamanya Vyavhar.
2. Pro. P.D. Mishra, Vyakti aur Samaj.

## B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG 604

**YOGA PRACTICUM-X**

Min. Hrs - Practical: 120 Hrs.

### Objectives:

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

- Understand the principle and practice of each Yoga module.
- Demonstrate practice each Yoga Module skillfully.
- Explain the procedure, precaution, benefits and limitations of each yoga module.

### **Course Outcome:**

1. Students will understand that how make Yoga module.
2. Students will understand that how make Yoga module for health promotion and prevention.
3. Students will understand that how make Yoga module for lefestyle related disorder.
4. Students will understand that how make Yoga module for digestive disorder.
5. Students will understand that how make Yoga module for mental disorder.

### **Unit- 1: Yoga Modules for Health Promotion & Prevention:**

- Yoga Moudels for School Girls
- Yoga Moudels for School Boys
- Yoga Moudels for Senior Citizens
- Yoga Moudels for Pregnant Women
- Yoga Moudels for Healthy Living

### **Unit- 2: Yoga Modules for Lifestyle Related Disorders:**

- Yoga Moudels for Hypertension
- Yoga Moudels for Slip disc
- Yoga Moudels for Diabetes
- Yoga Moudels for Cervical Spondylitis
- Yoga Moudels for Obeslity

### **Unit- 3: Yoga Modules for Digestive Disorders:**

- Yoga Moudels for Dyspepsia
- Yoga Moudels for Fatty Liver
- Yoga Moudels for gasric problems
- Yoga Moudels for acidity
- Yoga Moudels for constipation

### **Unit- 4: Yoga Modules for Mental Disorders:**

- Yoga Moudels for Stress Management
- Yoga mdoules for Depression
- Yoga for Anxiety disorders
- Yoga modules for Insomnia
- Yoga modules for Schizophrenia

### **Books Refrences:**

1. Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
2. Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
3. Udupa, K.N. : Stress and Its Management by Yoga. Delhi:Motilal Banarasidas, 2007.
4. Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

## **B.Sc.-Yoga-Sixth Semester**

**Subject Code: BYOG 605**

### **RESEARCH PROJECT**

**Min. Hrs - PRACTICAL: 120 Hrs**

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

#### **Guideline for research project writing-**

Title of the project

- Name of the person

- Duration of the project, type of project.

- Aims and objectives - summary of the proposed project

- Project information, location, people and personnel involved.

- Working/methodology

- Evaluation

- Writing and reporting

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