



**SRI DEVARAJ URS ACADEMY OF HIGHER
EDUCATION & RESEARCH**

(Declared as Deemed - to - be University u/s 3 of the UGC Act, 1956)

BACHELOR OF SCIENCE IN YOGA

Under the Faculty of Allied Health and Basic Sciences

Regulations & Syllabus

At per with the Committee of Yoga Education in Universities setup by MHRD



Department of Integrative Medicine

Sri Devaraj Urs Academy of Higher Education & Research

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About the Department

Integrative medicine is ingrained in the definition of health. The World Health Organization (WHO) defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”. Integrative medicine is an integration of conventional medicine with complementary and alternative medicine (CAM), which has high-quality scientific evidences for its safety and effectiveness.

Department of Integrative Medicine was established in the year 2014 by upgrading the division of Yoga under the department of Allied Health Sciences. Department of Integrative Medicine is actively engaged in the research (EMR & IMR projects), Academics [M. Sc. and PhD in Yoga, also providing the training as a value-added and elective course offered to MBBS, BPT, BSc (CND), B.A.SLP (SPA), BSc(Nursing) etc.], outreach activities, and Clinical services offered to R L Jalappa Hospital and Research Center, the teaching hospital of the academy.

Vision:

- To be a center of excellence in the field of Integrative Medicine through research, education and clinical services.

Mission:

- To develop and validate evidence-based integrated (conventional medicine, Yoga and Ayurveda) models for disease prevention, therapeutic application, and wellness.
- To conduct academic programs and courses in Yoga and Ayurveda for capacity building in the field of research, teaching and clinical application.
- To deliver evidence-based integrative (conventional medicine, Yoga, and Ayurveda based) clinical services for psychosomatic/ lifestyle and chronic diseases.
- To orient the public about Yoga, Ayurveda, and other healing systems for the promotion of health and prevention of diseases

About Choice Based Credit System (CBCS)

Definition and benefits:

Choice-Based Credit System is a flexible system of learning. The distinguishing features of CBCS are the following:

- It permits students to learn at their own pace.
- Choose electives from a wide range of elective courses offered by the other.
- University Departments Undergo additional courses and acquire more than the required number of credits.
- Adopt an interdisciplinary and intra-disciplinary approach to learning.
- Make the best use of the available expertise of the faculty across the departments or disciplines
- Has an inbuilt evaluation system to assess the analytical and creative skills of students in addition to the conventional domain knowledge assessment pattern.

Definitions of Key Words:

i. **Academic Year:** Two consecutive (one odd + one even) semesters constitute one academic year.

ii. **Choice-Based Credit System (CBCS):** The CBCS provides choices for students to select from the prescribed courses (core, elective or minor, or soft skill courses).

iii. **Course:** Usually referred to, as papers is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

iv. **Credit-Based Semester System (CBSS):** Under the CBSS, the requirement for awarding a degree or diploma or certificate is prescribed in terms of number of credits to be completed by the students.

v. **Credit Point:** It is the product of grade points and the number of credits for a course.

vi. Credit: A unit by which the course work is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or two hours of practical work/field work per week.

vii. Grade Point: It is a numerical weight allotted to each letter grade on a 10-point scale.

viii. Letter Grade: It is an index of the performance of students in a said course. Grades are denoted by letters O, A+, A, B+, B, C, D, and RA.

ix. First Attempt: A student who has completed all formalities of the semester becomes eligible to attend the examinations and has passed in the first sitting: such attempt shall be treated as the first attempt.

x. Programme: An educational programme leading to the award of a Degree, diploma, or certificate.

xi. Semester Grade Point Average (SGPA): It is a measure of the performance of work done in a semester. It is the ratio of total credit points secured by a student in various courses registered in a semester and the total course credits taken during that semester. It shall be expressed up to two decimal places.

xii. Cumulative Grade Point Average (CGPA): It is a measure of the overall cumulative performance of a student over all semesters. The CGPA is the ratio of total credit points secured by a student in various courses in all semesters and the sum of the total credits of all courses in all semesters. It is expressed up to two decimal places.

xiii. Semester: Each semester will consist of 100 working days. The odd semester may be scheduled from August to January and even semester from February to July.

xiv. Transcript or Grade Card or Certificate: Based on the grades earned, a grade certificate shall be issued to all the registered students after every semester. The grade certificate will display the course details (code, title, number of credits, grade secured) along with SGPA of that semester and CGPA earned till that semester.

Semester System and Choice-Based Credit System

The semester system accelerates the teaching-learning process and enables vertical and horizontal mobility of students in learning. The credit-based semester system provides flexibility in designing the curriculum and assigning credits based on the course content

and hours of teaching. The choice-based credit system provides a “cafeteria” type approach in which the students can take courses of their choice, learn at their own pace, undergo additional courses and acquire more than the required credits, and adopt an interdisciplinary approach to learning.

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BACHELOR OF SCIENCE IN YOGA

1 TITLE OF THE PROGRAMME

Bachelor of Science in Yoga

2 PROGRAMME DESCRIPTION:

Yoga is an ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature, and a holistic approach to health and well-being. 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 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.

Yoga is becoming popular day by day 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 will be taught about 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.

3 PROGRAMME OBJECTIVES

The purpose of the program is to train students by blending Yoga (Eastern Philosophy) with health science concepts (anatomy, physiology, common ailments, etc.) which empower them to impart services in the field of integrative health care, Schools/colleges, wellness centers in the field of Yoga.

- To introduce Yoga, its principles and practices of Yoga to people with various lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.

- To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.
- To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
- To promote positive health, prevention of stress related health problems and rehabilitation through Yoga.
- To bring all round personality development of the students at all levels of their personality
-

4 PROGRAM OUTCOMES

- Plan and design a module of yoga for a particular problem
- Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behaviour in accordance with the scientific norms and expectations.
- Improve skills as a self directed learner; recognise continuing educational needs, select and use appropriate learning resources.
- Demonstrate competence in basic concepts of research methodology and be able to critically analyse relevant published research literature.
- To demonstrate the usefulness of yoga through contiguous effort and encourage a patient to practice yogic techniques without fail.

Program outcomes		
PO1	Knowledge Base	<p>An ability to demonstrate an understanding of</p> <ul style="list-style-type: none"> • The basic principles and practices of Yoga by exploring classical yoga texts. • Basic anatomy, physiology, Ayurveda systems from an integrative and holistic perspective, as needed for the practice of Yoga Therapy. • Non-communicable disorders and application of Yoga therapy in their management. • Concept of wellness, illness, recent advancement in the field of Yoga therapy • Basics of research methodology and biostatistics.
PO2	Health care	<ul style="list-style-type: none"> • Plays central and critical role in improving access and quality health care for the population.

	Practitioner	<ul style="list-style-type: none"> • Provide essential services that promote health, prevent diseases and deliver health care services to individuals, families, and communities
PO3	Critical Thinking	<ul style="list-style-type: none"> • Science-based literacy to advance the evolution of Yoga Therapy as an integrative health practice.
PO4	Analytical Skills	<ul style="list-style-type: none"> • Ability to collect and analyze information, problem solves and makes decisions. • Knowledge of health behavior, clinical Judgment skills and Yoga therapy • Analyze the impact of economic issues and cultural practices before advising Yoga
PO5	Leadership & Communication skills	<ul style="list-style-type: none"> • Develop leadership and communication skills to work as leading yoga therapist in healthcare. • Organize, conduct mass yoga program and outreach activities to disseminate yogic knowledge.
PO6	Personal and professional development	<ul style="list-style-type: none"> • Training, exposure and soft skills for better professional and holistic personality development.
PO7	Collaborators / collective efficiency	<ul style="list-style-type: none"> • Ability to function with multidisciplinary teams for teaching and research in the field of Yoga.
PO8	Clinical & Research Skills	<ul style="list-style-type: none"> • An ability to Plan and implement individualized, appropriate integrative yoga therapy for patients. • Ability to effectively use Yoga as a therapeutic modality through the integration of diverse approach and conduct research in the field of Yoga.
PO9	Ethics and equity	Practice Yama (Social discipline) and Niyama (Self-discipline) during functioning effectively as a Health care Practitioner.
PO10	Economic Independence & Employability Potential	Acquire the ability to be involved in economically sustainable employment opportunity and inculcate entrepreneurial abilities in Yoga.
PO11	Diversity	Knowledge, personal attributes and skills needed for living, working, and leading in diverse global societies.
PO12	Lifelong Learning	Acquire the skill to be an independent lifelong learner improvement of the knowledge and skills needed for employment and personal fulfillment

5 ELIGIBILITY FOR ADMISSION

- The candidate must have passed 10+2, American 12th Grade or equivalent by a recognised board.
- The candidate should have passed both years (11th & 12th grade) in the higher secondary examination in the respective board wherever it applies.
- The candidate should secure minimum of 45% marks together (aggregate) for general category, 40% marks together (aggregate) for SC/ST category.

6 PROGRAMME DURATION

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

7 ATTENDANCE

- Every candidate should have attendance (semester) not less than 75% of the total classes conducted in each course. Attendance will be calculated from the date of commencement of the term to the last working day as notified by the Academy in each of the course prescribed to be eligible to appear for the University Examination.
- Attendance shall be calculated from the total number of hours prescribed by SDUAHER. A candidate lacking in the prescribed attendance and progress in any course (s) in the first appearance shall not be permitted to appear for examination in that subject (s).

8 TEACHING HOURS AND CREDITS

8.1 Credit hours for different types of courses

Credit defines the quantum of contents/syllabus prescribed for a course and determines the number of hours of instruction required per week. Thus, normally in each of the courses, credits will be assigned on the basis of the number of lectures/ tutorial laboratory work and other forms of learning required, to complete the course contents in a 15-20 week schedule

- 1 credit = 1 hour of lecture per week (1 Credit course = 15 hours of lectures per semester)
- 3 credits = 3 hours of instruction per week (3 Credit course = 45 hours of lectures per semester)

Credits will be assigned on the basis of the lectures (L) / tutorials (T) / Clinical Training (CR) / laboratory work (P) / Project/Research work (PR)/ Internship (INT) and other forms of learning in a 15-20-week schedule.

- L - One credit for one-hour lecture per week (1 credit course = 15 hours /semester)
- T - One credit for one-hour tutorial per week (1 credit course = 15 hours/semester)
- P/T - One credit for every two hours of practical or lab (1 credit course = 30 hrs/ sem)
- CR - One credit for every 2 hours of Clinical training/ Clinical rotation/ posting (1 credit course = 30 hours)
- RP - One credit for every two hours of Research Project per week – Max Credit 20- 25 (1 credit course = 30 hours)
- INT - One credit for every 2 hours of compulsory rotatory clinical training (1 credit course = 30 hours)

Mode of teaching & learning	Hours spend	Credit
Lecture – L	1 Hour	1 credit
Tutorial – T	1 Hour	1 credit
Practical / lab – P	2Hour	1 credit
Clinical training/ posting /field training – CT/CP	2 Hour	1 credit
Project / Research work	2 hours	1 credit
Internship- compulsory rotatory internship training- INT***	2 hours	1 credit

8.2 Types of courses

Lecture courses: Courses involving lectures relating to a field or discipline by an expert or qualified personnel in a field of learning, work/vocation, or professional practice.

Tutorial courses: Courses involving problem-solving and discussions relating to a field or discipline under the guidance of qualified personnel in a field of learning, work/vocation, or professional practice.

Practicum or Laboratory work: A course requiring students to participate in a project or practical or lab activity that applies previously learned/studied principles/theory related to the chosen field of learning, work/vocation, or professional practice under the supervision of an expert or qualified individual in the field of learning, work/vocation or professional practice.

Seminar: A course requiring students to participate in structured discussion/conversation or debate focused on assigned tasks/readings, current or historical events, or shared experiences guided or led by an expert or qualified personnel in a field of learning, work/vocation, or professional practice

Field practice/projects: Courses requiring students to participate in field-based learning/projects generally under the supervision of an expert of the given external entity.

Community engagement and service: Courses requiring students to participate in field-based learning/projects generally under the supervision of an expert of the given external entity. The curricular component of ‘community engagement and service’ will involve activities that would expose students to the socio-economic issues in society so that the theoretical learnings can be supplemented by actual life experiences to generate solutions to real-life problems

8.3 Types of CBCS Courses

Courses in a programme may be of three kinds:

- Core Course
- Elective Course
- Ability Enhancement Course (Foundation Courses)

8.3.1 Core Courses

A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course. There may be a Core Course in every semester. This is the course which is to be compulsorily studied by a student as a core requirement to complete the requirement of a programme in a said discipline of study.

8.3.2 Elective Courses

Generally, a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/ subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

Discipline Specific Elective (DSE) Course: Elective courses offered by the main discipline/subject of study are referred to as Discipline Specific Elective. The University / Institute may also offer discipline related Elective courses of interdisciplinary nature. An elective may be "Discipline Specific Electives (DSE)" focusing on those courses which add generic proficiency to the student.

Dissertation / Project: An Elective/Core course designed to acquire special/ advanced knowledge, such as supplement study / support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher / faculty member is called dissertation / project.

Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective. P.S.: A core course offered in a discipline / subject may be treated as an elective by other discipline / subject and vice versa and such electives may also be referred to as Generic Elective.

8.3.3 Ability Enhancement Courses (AEC):

The Ability Enhancement (AE) Courses may be of two kinds: Ability Enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC).

Ability Enhancement Compulsory Courses (AECC): These are the courses based upon the content that leads to Knowledge enhancement (i) Environmental Science and (ii) English/MIL Communication. These are mandatory for all disciplines.

Skill Enhancement Courses (SEC): SEC courses are value-based and/or skillbased and are aimed at providing hands-on-training, competencies, skills, Indian and foreign languages etc. These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based knowledge.

Assigning Credit Hours per Course: While there is flexibility for the departments in allocation of credits to various courses offered based on the curriculum for specific course per program.

The general formula would be:

$$\text{SGPA (Si)} = \sum (C_i \times G_i) / \sum C_i$$

Where C_i is the number of credits of the i th course and G_i is the grade point scored by the student in the i th course

$$\text{CGPA} = \sum (C_i \times S_i) / \sum C_i$$

where S_i is the SGPA of the i th semester and C_i is the total number of credits in that semester.

All electives should be restricted to a maximum of 3 credits

Code Numbering of the Course component:

The courses listed will be denoted with components of (L-T-P-C) where L, T, P, C refer to the Credits assigned to Lecture, Tutorial, Practical / Laboratory and Total Credit under each of the courses. P-column can also include Clinical Training (CR), field training and Research Project (RP/PR) wherever appropriate. In addition to learning the subject of choice and peripheral subject of use, emphasis shall also be placed on improving communication, language and computer skills of the student.

Course Numbering pattern:

The course code explains the department where the course is offered and the year and semester in which it is offered. Each course can be numbered in an order or sequence.

Letter Grades and Grade Points:

- i. BPT curriculum would be following the absolute grading system, where the marks are compounded to grades based on pre-determined class intervals.
- ii. The UGC recommended 10-point grading system with the following letter grades are given below:

Letter Grade	Grade Point
O (Outstanding)	10
A+ (Excellent)	9
A (Very Good)	8
B (Good)	7
P (pass)	6
F (Fail)/ RA (Reappear)	0

Ab (Absent)	0
Not Completed (NC)	0
RC- Repeat the course	0

iii. A student obtaining Grade RA shall be considered failed and will be required to reappear in the examination.

iv. Candidate with NC grading indicates detained from examination may be due to lack of fulfilment of internal marks in the course; while RC indicates that student is not fulfilling the minimum criteria for academic progress and lack of attendance. If the course is a core course, the candidate should repeat the course when it is offered the next time.

8.4 CBCS Grading System

Marks equivalence table

Semester % of marks	Grade point	SGPA/ CGPA	Letter Grade	Result/ Class Description
90.0-100	10	9.00-10.00	O (Outstanding)	Outstanding
80.0-<90.0	9	8.00-<8.99	A+ (Excellent)	First Class Exemplary
75.0-<80.0	8	7.00-< 7.99	A (Very Good)	First Class Distinction
60.0-<75.0	7	6.00-< 6.99	B (Good)	First Class
50.0-<60.0	6	5.0-< 5.99	P (PASS)	Second Class
<50.0	0	<- 5.0	F (Fail)	Fail/ Reappear
Absent	0	0	Ab (Absent)	-

The first two ranks to every UG/PG programme will be decided on the basis of grades of CGPA in the courses. In case of a tie, marks % [of core and DE courses only] will be taken into account.

Classification of successful candidates The results of successful candidates at the end of each semester shall be declared on the basis of percentage of aggregate marks, converted to grade point and alpha-sign grade for each course on the basis of 10 point scale recommended by UGC. Overall Performance in a Program and Ranking of a candidate is in accordance with the University regulations. The following table the final results with grade description and grades.

8.5 Cumulative Grades and Grade Point Average

Consolidated Grades		
Letter grade	Classification	CGPA RANGE
O	Outstanding	9.00-10.00
A+	First class Exemplary	8.00 - 8.99
A	First Class Distinction	7.00 - 7.99
B	First Class	6.00 - 6.99
P	Second Class	5.0 – 5.99

8.6 A successful candidate

(i) Who secures not less than O grade with a CGPA of 9.0 – 10.0 shall be declared to have secured „OUTSTANDING“ provided he/she passes the whole examination in the FIRST ATTEMPT;

(ii) Who secures not less than A+ grade with a CGPA of 8.01 – 8.99 shall be declared to have secured First Class Exemplary provided he/she passes the whole examination in the FIRST ATTEMPT;

(iii) Who secures not less than A grade with a CGPA of 7.01 – 7.99 and completes the course within the stipulated course period shall be declared to have passed the examinations with “First Class Distinction”

(iv) Who secures not less than B grade with a CGPA of 6.01 – 6.99 and completes the course within the stipulated course period shall be declared to have passed the examinations with “First Class”

(V) All other candidates (with grade P and above) shall be declared to have passed the examinations with “**second class**”.

8.7 Computations of SGPA and CGPA

The UGC recommends the following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

- i. The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student and the sum of the number of credits of all the courses undergone & earned by a student, i.e.,

$$SGPA (S_i) = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

where C_i is the number of credits of the i th course and G_i is the grade point scored by the student in the i th course.

- ii. The CGPA is also calculated in the same manner taking into account all the courses undergone & earned by a student over all the semesters of a programme, i.e. $CGPA = \frac{\sum(C_i \times S_i)}{\sum C_i}$ where S_i is the SGPA of the i th semester and C_i is the total number of credits in that semester.
- iii. The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts.

Illustration of Computation of SGPA and CGPA and Format for Transcripts

Computation of SGPA

Course	Credit	Grade Letter	Grade Point	Credit Point
				(Credit x Grade)
Course 1	3	A	8	3 X 8 = 24
Course 2	4	B+	7	4 X 7 = 28
Course 3	3	B	6	3 X 6 = 18
Course 4	3	O	10	3 X 10 = 30
Course 5	3	C	5	3 X 5 = 15
Course 6	4	B	6	4 X 6 = 24
	20			139
Illustration for SGPA Thus, $SGPA = 139/20 = 6.95$				

ii. Transcript (Format): Based on the above recommendations on Letter grades, grade points and SGPA and CGPA, the university may issue the transcript for each semester and a consolidated transcript indicating the performance in all semesters.

8.8 Transfer of credits

The transfer of the credits will be allowed to non-core courses only. At least 80% of the curriculum should match with our curriculum,

The students can avail benefits by completing the courses from MOOCs platforms like SWAYAM / Courseera and others.

8.9 Minimum Criteria for Pass

A candidate shall be declared to have passed the UG if he/she secures at least a CGPA of 5.0 (Course Alpha-Sign Grade P, equal or more than 50% of marks) in the aggregate of both

internal assessment and semester end examination marks put together in each unit such as theory papers/ practicals/ project work/ dissertation/ viva-voice, etc.

9 SCHEME OF TEACHING AND EXAMINATION

Sem	Subject Code BSY	Subject Title	Hours per week			Evaluation scheme			Total
			L	T	P	Credit	Marks		Marks
							IA	SEE	
I	CC	Foundations of Yoga	3	1		4	20	80	100
	CC	Introduction to Hath Yoga & it's texts	3	1		4	20	80	100
	CC	Yoga Practicum-I			8	4	20	80	100
	CC	Yoga Practicum-II			4	2	10	40	50
	IDC	Human Anatomy and Physiology-I	3		2	4	20	80	100
	DSE	Spoken Samskrit			4	2	10	40	50
	AECC	English/MIL Communication			4	2	10	40	50
	Total	Semester I	9	2	22	22			550
II	CC	Patanjali Yoga Sutra	3	1		4	20	80	100
	CC	Essence of Principal Upanishads	3	1		4	20	80	100
	CC	Yoga Practicum-III			8	4	20	80	100
	CC	Yoga Practicum-IV			4	2	10	40	50
	IDC	Human Anatomy and Physiology-II	3	1		4	20	80	100
	AECC	Environmental Science	2			2	10	40	50
	DSE	Basic computer application			4	2	10	40	50
	Total	Semester II	11	3	16	22			550
III	CC	Essence of Bhagavad Gita	3	1		4	20	80	100
	CC	Yoga for Holistic Health	3	1		4	20	80	100
	CC	Yoga Practicum-V			8	4	20	80	100
	CC	Yoga Practicum-VI			4	2	10	40	50
	IDC	Basics of Diet and nutrition	2			2	10	40	50
	DSE	Advance Yogasana			4	2	10	40	50
	SEC	Sanskritam			4	2	10	40	50
	Total	Semester III	8	2	20	20			500
IV	CC	Basis of Yoga Therapy	3	1	0	4	20	80	100
	CC	Yoga Teaching Technique	2		4	4	20	80	100
	CC	Yoga Practicum-VII			8	4	20	80	100
	IDC	Basics of Research Methodology	1		2	2	10	40	50
	DSE	Field training I			8	4	20	80	100
	SEC	Advance Yoga techniques			4	2	10	40	50
	Total	Semester IV	6	1	26	20			500
V	CC	Yogic Management of NCD's	3	1	0	4	20	80	100
	CC	Applied Yoga	3	1	0	4	20	80	100
	CC	Yoga Practicum-VIII			8	4	20	80	100
	SEC	Summer Internship			8	4	20	80	100
	DSE	Field training II			8	4	10	40	100
		Semester V	6	2	24	20			500
VI	CC	Yoga psychology	2		4	4	20	80	100
	CC	Fieldwork			8	4	20	80	100
	SEC	Project / dissertation			8	4			100
	DSE	Field training III			8	4	20	80	100
	VAC	Value-added courses (any four)				4			100
		Semester VI	2	0	28	20			500
		TOTAL (Including six semesters)				124			3100

CC: Core courses, DSE: Discipline-specific elective, IDC: Interdisciplinary courses, AECC: Ability enhancement compulsory course, SEC: Skill enhancement courses, VAC: Value-added courses, L - Lecture, T-Tutorial, P-Practical ((practice/ field), IA: Internal assessment, SEE - Semester Examination, PR- Practical Record, CT- Cumulative Tests, TA - Teachers Assessment

10 CBCS

S E M	CORE COURSE	Ability Enhancement Compulsory Course (AECC) (2)	Interdisciplin ary Courses (IDC) (4)	Skill Enhanceme nt Course/ Dissertation (SEC) (2)	Discipline Specific Elective (DSE) (6)	Value added courses (VAC) (4)
I	Foundations of Yoga	English/MIL Communicati on	Human Anatomy and Physiology-I		Spoken Sanskrit	VAC 1
	Introduction to Hath Yoga & it's texts					
	Yoga Practicum-I					
	Yoga Practicum-II					
II	Patanjali Yoga Sutra	Environment al Science	Human Anatomy and Physiology-II		Basic computer application	VAC 2
	Essence of Principal Upanishads					
	Yoga Practicum-III					
	Yoga Practicum-IV					
III	Essence of Bhagavad Gita		Basics of Diet and nutrition	SEC1 sanskritam	Advance Yogasana	VAC 3
	Yoga for Holistic Health					
	Yoga Practicum-V					
	Yoga Practicum-VI					
IV	Basis of Yoga Therapy		Basics of Research Methodology	Advance Yoga techniques	Field training I	VAC 4
	Yoga Teaching Technique					
	Yoga Practicum- VII					
V	Yogic Management of NCD's			SEC 3 Summer Internship	Field training II	
	Applied Yoga					
	Yoga Practicum- VIII					
VI	Yoga psychology			SEC 4 / Project	Field training III	
	Fieldwork					
	Credits 74	04	12	12	18	04

11 EXAMINATION AND EVALUATION

11.1 Internal Assessment

Internal Assessment:

- a. **Internal Assessment (IA)** for each course will be a maximum of 20%, which has two components viz. Periodic tests and assignments
- b. **Periodic Tests:** There will be a minimum of two periodic tests for each course (theory/practical) during each semester of the programme and an average of two examination marks should be taken into consideration while calculating the marks for internal assessment. The maximum weightage given to the internal assessment is 12%.
- c. **Assignment (theory):** Each course will be evaluated through assignments. The maximum weightage given to the assignment is 08%.
- d. **Record book (Practicals):** Maximum marks for practical record will be 08%.
- e. **Field training:** Maximum marks for field training record book will be 20%.

11.2 Eligibility to appear for University Examination:

- a. Shall have attended at least 75% of the total number of classes in theory / practical /filed training to become eligible to appear for examination in those course/courses.
- b. Shall secure at least 35% in internal assessments in a particular course in order to be eligible to appear in the University examination of that course.
- c. At the time of practical examination, the candidate shall submit to the examiners his/her record book duly certified by the Head of the Department as a bonafide record of the work done by the candidate.

11.3 Univeristy Examination

Theory: Each theory paper will be conducted for 80 /40 marks duration will be 3/1.5 hours

Practical: Practical paper will be 50/25 marks duration will be 90 /45 min. 30/15 marks will be allocated for viva voce.

Field training: Field training will be evaluated at the departmental level and evaluation report need to be submitted to the controller of examination

Project: It will be evaluated by two internal examiners. Report need to be submitted to the controller of examination.

Internship: will be evaluated by two internal examiners. Report need to be submitted to the controller of examination.

11.4 Theory Question Paper Pattern

Subjects Having Maximum Marks = 80

Type of question	Number of questions	Marks for each question	Total
Essay type	3 (answer any two)	10	20
Short essay type	8 (answer any Six)	5	30
Short answer type	12(answer any ten)	3	30
			80

Subjects Having Maximum Marks = 40

Type of question	Number of questions	Marks for each question	Total
Essay type	1 (answer all)	10	10
Short essay type	4 (answer any three)	5	15
Short answer type	6(answer any five)	3	15
			40

12 SCHEME OF EVALUATION

12.1 Theory and practical

S e m	Subject Code BSY	Subject Title	Hours per week			Evaluation scheme			Total
			L	T	P	Credit	Marks		Marks
							IA	SEE	
I	CC	Foundations of Yoga	3	1		4	20	80	100
	CC	Introduction to Hath Yoga & it's texts	3	1		4	20	80	100
	CC	Yoga Practicum-I			8	4	20	80	100
	CC	Yoga Practicum-II			4	2	10	40	50
	IDC	Human Anatomy and Physiology-I	3		2	4	20	80	100
	DSE	Spoken Samskrit			4	2	10	40	50
	AECC	English/MIL Communication			4	2	10	40	50
	Total	Semester I							
II	CC	Patanjali Yoga Sutra	3	1		4	20	80	100
	CC	Essence of Principal Upanishads	3	1		4	20	80	100
	CC	Yoga Practicum-III			8	4	20	80	100
	CC	Yoga Practicum-IV			4	2	10	40	50
	IDC	Human Anatomy and Physiology-II	3	1		4	20	80	100
	AECC	Environmental Science	2			2	10	40	50
	DSE	Basic computer application			4	2	10	40	50
	Total	Semester II							
III	CC	Essence of Bhagavad Gita	3	1		4	20	80	100
	CC	Yoga for Holistic Health	3	1		4	20	80	100
	CC	Yoga Practicum-V			8	4	20	80	100
	CC	Yoga Practicum-VI			4	2	10	40	50
	IDC	Basics of Diet and nutrition	2			2	10	40	50
	DSE	Advance Yogasana			4	2	10	40	50
	SEC	Spoken sanskritam			4	2	10	40	50
	Total	Semester III							
IV	CC	Basis of Yoga Therapy	3	1	0	4	20	80	100
	CC	Yoga Teaching Technique	2		4	4	20	80	100
	CC	Yoga Practicum-VII			8	4	20	80	100
	IDC	Basics of Research Methodology	1		2	2	10	40	50
	SEC	Advance Yoga techniques			4	2	10	40	50
	Total	Semester IV							
V	CC	Yogic Management of NCD's	3	1	0	4	20	80	100
	CC	Applied Yoga	3	1	0	4	20	80	100
	CC	Yoga Practicum-VIII			8	4	20	80	100
		Semester V							300
VI	CC	Yoga psychology	2		4	4	20	80	100
	VAC	Value-added courses (any four)				4			100
		Semester VI							200
		TOTAL (Including six semesters)							2500

12.2 Field training /Field work /Summer internship

- The student should write report regarding field training in prescribed format and submit the same to the Head of the department. Student should do presentation, which will be evaluated by two internal examiners at department level. The evaluation report needs to be submitted to the controller examinations of the academy.

Following is the pattern of assessment of field training

Scheme of evaluation for field training		
Sl. No.	Section	Marks Assigned
(A)	Field training report / Internal Assessment	20
(B)	Presentation	50
(C)	Viva Voce	30
Total		100

12.3 Project Work

- Faculty members of the department shall be assigned to each candidate to serve as supervisor during 4th Semester.
- Supervisor and student shall interact and develop a topic worthy of scientific investigation, prepare the necessary skills, materials, and approvals (eg: ethical clearance).
- Project work will be carried out in two phases:
 - 5th Semester: Preparation and commencement
 - 6th Semester: Writing the report, submitting
- Report shall include the following section: Introduction, Review of Literature, Objectives, Materials and Methods, Results, Discussion, Summary, Conclusions, and Reference.
- The report shall be in hardbound form, type set with double space and at least 1 inch margins on all four sides.
- Student, supervisor, and HOD shall certify the genuineness of the work.
- Report should be submitted to the University at least 1 month in advance of the

University Examination.

- h. The University shall arrange for the evaluation of the report by one internal examiner.
- i. There is a provision for revision and resubmission of report if an examiner recommends change/ suggests further work.
- j. Change of supervisor and topic will be permitted if the student/supervisor furnishes valid reason for change. The components of the report are provided in the Table below.

Scheme for evaluation of project Work		
Sl. No.	Section	Marks Assigned
(A)	Project Report	80
I	Introduction	10
II	Review of Literature	15
III	Methodology	15
IV	Results	10
V	Discussion	10
VI	Conclusions	10
VII	Bibliography / Reference	10
(B)	Viva Voce	20
TOTAL		100

13 CRITERIA FOR PASS

- A candidate is declared to have passed the examination in a subject, if he/she secures a minimum of 35% marks in the university conducts theory examination, 35% in university practical examination and viva-voce examination individually.
- Subject aggregate marks scored by the candidate should be 50% including theory, theory internal assessment & practical internal assessment, university practical and viva-voce added together. Subject aggregate of 50% also applies to the subject which does not have an internal assessment, practical and viva component. This pass criterion applies to core course, AEC, DSE and GE course.

14 GRACE MARKS

The grace marks up to a maximum of 05 (Five) marks may be awarded at the discretion of the University to a student who has failed only in one subject but has passed all other subjects in the semester.

15 CARRY OVER POLICY

- A Candidate who has admitted to the undergraduate programs under the faculty of Allied health and basic sciences shall be permitted to carry over the backlog semester papers till the 5th semester
- The candidates have to pass all the subjects to be eligible for the internship.
- However she/ he shall be declared passed in the programme only after successfully passing in all the subject/ courses of all semesters of the undergraduate programme

1 SEMESTER I

1.1 FOUNDATIONS OF YOGA

1.1.1 Course Outcomes:

On successful completion of course student should be able to

Co	Course outcome	Cognitive level
Co1	Understanding about origin, history and development of Yoga.	U
Co 2	Insights of Indian philosophy and Astika & Nastikadarshanas.	K
Co 3	Introduction about Yoga according to various yogic texts.	K

Time and marks distribution

Total Number of Hours:60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	3	1	0
SCHEME OF EXAMINATION			
Total Marks:100			
Theory:100		Practical: Nil	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)
80	20		

Unit-1: General introduction to yoga [15Hrs.]

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 [15Hrs.]

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 Yogain texts–[15Hrs.]

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

Unit-4: BriefaboutYogain texts–II [15Hrs.]

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhvaand 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 CivilizationIst,2010
4. SinghS.P &Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010

1.1.2 Books for reference

1. Agarwal MM: Sixsystems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, 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, 2008

1.2 INTRODUCTION TO HATHA YOGA & IT'S TEXTS

1.2.1 Course Outcomes:

On successful completion of course student should be able to

Co	Course outcome	Cognitive level
Co1	Understanding pre-requisites, and principles of Hatha yoga	U
Co 2	Understand the relationship between Patanjala and Raja yoga	U
Co 3	Understanding about the concept of yoga in other yogic texts.	U

Time and marks distrubation

TotalNumberof Hours:60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		3	1	0
SCHEMEOFEXAMINATION				
TotalMarks:100				
Theory:100		Practical: Nil		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	InternalAssessment (CT+TA/PR)	
80	20			

Unit- I: General introduction to Hatha yoga [10Hrs.]

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

Unit- 2: Pre-requisites [15Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Conceptsof 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 [15Hrs.] Concept of Swasprashwas, Vayu, Pranaand Upaprana; Concept of Kand, Nadi, Swar, Chakraand Granthi; Kundaliniprabodhan, Unmaniavastha, Nadanusandhan; ConceptofSamadhi;
Introductiontohathayogatexts: Brief: Hatha Yogic Texts, their nature and objectives; Siddha siddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: HathaYogaPradeepika, Gheranda Samhita, Hatha Rathnavali

Unit-5: Relationship between Patanjali Yoga and Hatha Yoga [20Hrs.]

JnanaYoga: Meaning of JnanaandJnana- Yoga, Sadhana- chatushtaya, Means of Jñāna-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti- Yoga; KarmaYoga: 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 Yogaand Saptanga Yoga, Relevance of Hatha Yoga inday-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga

TEXT BOOKS

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

1.2.2 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. BriggsGW: GorakhnathaandtheKanphataYogis,8thEdition,2009
4. SwamiKuvalyananda&Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006

5. Gharote M.L. & Pai, G.K. (Eds): Siddhasidhant paddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M. L. B. D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji: Hathapradipika (Jyotsana-tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan,

1.3 YOGA PRACTICUM-I

1.3.1 Objectives:

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

- Make the students recite the Vedichymns skillfully.
- Know and understand about breathing practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: NA		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		80	20	

Unit-1: Recitation of hymns & hasta mudra [30 Hrs.]

Recitation of Pratah-smaranand 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: Breathing practices [30 Hrs.]

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas- prashwamyama; Abdomen, 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: Loosening practices [30 Hrs.]

Jogging: Slow, fast, forward, backward, sideward; Jumping, Forward and backward bending, twisting, truning, situps etc.

Unit-4: Continuous evaluation by the Teachers [30 Hrs.]

TEXTBOOKS

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

1.3.2 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, Pennselvenia, 1998
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar,2005.

1.4 YOGA PRACTICUM-II

1.4.1 Objectives:

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

- Understand the concept and principles of Sukshma and Sthulavyayma.
- Explain and demonstrate the above mentioned practices skillfully.
- Have a indepth understanding about Suryanamskara and Yogasanas.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:NA		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)	
		40	10	

Unit-1: Yogic suksma and sthula vyayama[20 Hrs.]

Yogic suksma vyayama

Uccharana-sthalatatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netrashakti-vikasaka (for the eyes); Kapolashakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck), Skandha-tatha-bahu-mulashakti-vikasaka (for the shoulders), Bhuja-bandhashakti-vikasaka, Kohini shakti-vikasaka, Bhuja-vallishakti-vikasaka, Purna-bhujashakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthalashakti-vikasaka (for the chest), Vaksha-sthalashakti-vikasaka (for the chest), Udara shakti-vikasaka (for the abdomen), Kati shakti-vikasaka (for the waist), Muladhara-chakra-suddhi (for the rectum), Upasthatatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs), Jangha shakti-vikasaka (for the thighs), Janushakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mulashakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

Yogic sthula vyayama [10 Hrs.]

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-2: Suryanamaskara [10Hrs.]

Unit-3: Yogasana (Standing Postures and body alignment) [15Hrs.]:

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

Unit-4: Continuous evaluation by the Teachers [15 Hrs]

TEXTBOOKS

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

1.4.2 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, NewDelhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi,2011.

1.5 HUMAN ANATOMY AND PHYSIOLOGY-I

1.5.1 Objectives:

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

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Total Number of Hours:60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	3		2
SCHEME OF EXAMINATION			
TotalMarks:100			
Theory:100		Practical: Nil	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	InternalAssessment(CT+TA/PR)
80	20		

Unit-1:Cell, Tissue and Muscular–Skeletal system [15Hrs]

Cell structure– Plasma membrane and protoplasm; Cell organelles–Mitochondria, Golgi body, Endoplasmicreticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial –simple and compound; Connective-connective tissue proper, skeletal and vascular; Muscular-Skeletal ,involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint– Synovial joints and Fibrous joint; Structure of synovial joints; Types of synovial joints; Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

Unit-2: Biomolecules, Digestive and Respiratory system [15Hrs] Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; **Digestive system:** Digestive system of human- Mouth, buccal cavity Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and undernutrition; Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

Unit-3: Cardio vascular system[15 Hrs]

Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

1.5.2 REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce-Anatomy and Physiology for Nurses

1.6 SPOKEN SAMSKRIT

1.6.1 Course Objectives:

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

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits			0	2
Hours/week			0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:Nil		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)	
		40	10	

Unit 1: Introduction: Some Unique characteristics of Sanskrit -Basic introduction of oneself - Simple verbs Daily vocabulary

Unit 2, 3: Introducing different declensions and tenses - 1 & 2

Unit 4: Practice with various verbs in different moods and tenses Summary of the Sentence structure with different questions

Unit 5: Introduction: Some Unique characteristics of Sanskrit, Revision of the main features of Part 1 of Introduction to Basic Spoken Sanskrit, Different verb forms, Daily vocabulary

Unit 6, 7: Introduction of different declensions in the plural and tenses – 1, Daily Vocabulary, Poetic verses, conversations and stories

Unit 8: Practice with various verbs in different moods and tenses, Summary of the Sentence structures using the plural with different questions

Unit 9: Introduction of a few more words ending with consonants and their declensions, An Alternative Conjugation of verbs, Daily vocabulary, Poetic verses, conversations and stories

Unit 10: Introduction to their different declensions in singular, dual and plural, New verb forms, Daily Vocabulary, Poetic verses, conversations and stories

Unit 11: Introduction to Sandhi, Vowel with vowel / Vowel with consonant / Consonant with consonant / Aspirant with vowel or consonant, Poetic verse, reading and comprehension, conversations

Unit 12: Practice with a variety of word endings, various verbs in different moods and tenses, Summary of the Sentence structures using the plural with different questions

TEXT BOOKS

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller: A Sanskrit Grammar Parimal Publication, Delhi, 2012
3. Goldmom PR: Devavanopraivesika: An introduction to the Sansrit languages, MLBD, New Delhi, 2011

1.6.2 Books for reference

1. Perry ED: A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR: A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

1.7 ENGLISH AND COMMUNICATION SKILLS

1.7.1 Course objective:

I. This course is designed to build spoken and written English competency of the students needed to function effectively in academic setup and clinical setup.

II. This course is designed to equip the students with essential soft skills needed for workplace and improve personality.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits			0	4
Hours/week			0	2
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:Nil		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
		40	10	

PART A:

UNIT: I APPLIED GRAMMAR (10 Hrs.)

1. Identifying errors in sentences - word order, tenses, Prepositions
2. Transformation of sentences: Reported, Voice
3. USAGE: Either ...or..., Neither... nor..., So... that..., Such... that..., Not only... but also..., unless...

UNIT: II VOCABULARY (3 Hrs.)

1. Abbreviations in Medical field
2. Medical idioms & Phrases

UNIT: III WRITING (6 Hrs)

1. Letter writing - Letter to the editor
2. Curriculum Vitae, covering letter
3. Creative writing – invite, posters
4. Essay writing

UNIT: IV SPOKEN COMMUNICATION (8Hrs)

1. Telephone etiquette
2. Importance of Stress, Intonation and rhythm
3. Speaking: - Describing simple process - Filling a form etc., - Asking and answering questions -Debate/Oral Reporting

UNIT: V LISTENING AND READING SKILLS: (3Hrs)

Listening and reading comprehension exercises.

PART B:

Unit 1. Introduction: Theory of Communication, Types and modes of Communication

Unit 2. Language of Communication:

1. Verbal and Non-verbal,
2. (Spoken and Written)
3. Personal, Social and Business
4. Barriers and Strategies
5. Intra-personal, Inter-personal and Group communication

UNIT 3. Speaking Skills:

1. Monologue
2. Dialogue
3. Group Discussion
4. Effective Communication/ Mis- Communication
5. Interview
6. Public Speech

UNIT 4. Reading and Understanding

1. Close Reading
2. Comprehension
3. Summary Paraphrasing
4. Analysis and Interpretation
5. Translation (from Indian language to English and vice-versa)
6. Literary/Knowledge Texts

UNIT 5. Writing Skills

1. Documenting
2. Report Writing
3. Making notes
4. Letter writing

UNIT: I ASPECTS OF COMMUNICATION (4 hrs)

1. Importance of communication, Process, Barriers
2. Non-verbal Communication

UNIT: II SPEAKING (8 hrs)

1. Opening and Closing conversations
2. Introductions and Address Systems
3. Expressing Courtesy

4. Giving Compliments and replying to Compliments
5. Presentation Skills
6. Telephonic conversation and telephone etiquette

UNIT – III PRESCRIBED READING (4 hrs)

1. White washing the Fence – Episode from Tom Sawyer by Mark Twain
2. Bacon’s Essays: - Of Goodness and goodness of nature

UNIT – IV WRITING (7 hrs)

1. Letter writing - Letter of Complaints, Inviting and Declining an invitation
2. Memos and Email
3. Editing- Grammar, Spelling & Punctuation, Use of Dictionary & Thesaurus.

UNIT – V SOFT SKILLS (7hrs.)

1. Active Listening Skills
2. Assertive Skills
3. Negotiation and Persuasive Skills
4. Interview Skills

1.7.2 Books for References:

- i. High School English Grammar and Composition by Wren & Martin.
- ii. J. C. Nesfield, English Grammar Composition & Usage, Macmillan India Limited.
- iii. English for Nurses by Sharma Lohumi, Elsevier India Pvt. Ltd.
- iv. Professional English for Medicine, Eric H. Glendinning Ron Howard, Cambridge Publication.
- v. Career English for Nurses by Selva Rose, Orient Black Swan.
- vi. Malcolm Goodale, Professional Presentations, Cambridge University Press.
- vii. Practical Communication By Abraham Benjamin Samuel.
- viii. Communication Skills for Engineers and Scientists by Sangeeta Sharma and Binod Mishra, PHI Learning Private Limited, New Delhi.

2 SEMESTER II

2.1 PATANJALA YOGA SUTRA

2.1.1 Objectives

Following 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 Kaivalyapada.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
80	20			

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis, Cittavrittis and Cittavritti nirodhopaya [15Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (VyasaBhasya, 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: Samadhipada [15Hrs.]

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 (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada [15 Hrs.]

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), Prakriti Purusha SamYoga; 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[15 Hrs.]

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; Vivek Jnana Nirupanam, 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. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala,2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras,1995
3. James R. Ballantyne: TheSankhya Aphorisms of Kapila, Parimal Publications, NewDelhi,2004

2.1.2 Books for reference

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi,2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India,1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. NewDelhi
4. Gaspar M. Koelmenn, S.J: PatanjaliYoga, Papal Athenaeum, Poona,1970
5. Swami Ved Bharti: Yoga sutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, VoII & II

2.2 ESSENCE OF PRINCIPAL UPANISHADS

2.2.1 Objectives

Following 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 the mintopractice.
- Understand eachUpanishad and the role of it in our day today life.

TotalNumberof Hours:60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	3	1	0
SCHEMEOFEXAMINATION			
TotalMarks:100			

Theory:100		Practical: Nil	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
80	20		

Unit-1: Introduction essence of Isha and Kenopanishad [15Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; **Ishavasyopanishad:** Jnana Nishtha(Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage(Ish.6,7), Prayer of dying Man (Ish.15);

Kenopanishad: The inscrutable being (Kena-I.2,3,4,6) (Kena II.2,3), Greatness of self Knowledge (KenaII.5)

Unit-3: Essence of Katho and Prashnapanishad [15Hrs.]

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

Unit-4: Essence of Mundaka, Mandukya and Taitriya [15Hrs.]

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; Mandukyopanishad: All this is Brahman, The fourth state of being.

Unit-5: Essence of Aitareya, Chandogya and Brihadaranyaka [15Hrs.]

Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgitha omkara, 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

2.2.2 Books for reference

6. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
7. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970

2.3 YOGA PRACTICUM- III

2.3.1 Objectives

Following 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.

Total Number of Hours:120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
TotalMarks:100				
Theory:NA		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)	
		80	20	

Unit-1: Yogasana (Sitting Postures) [60Hrs.]

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

Unit-2: Yogasana(SupinelyingPostures)[20Hrs.]

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

Unit-3: Yogasana (PronelinePostures) [20 Hrs.]

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

Unit-4: Continuous evaluation by the Teachers [20 Hrs.]

TEXTBOOKS

1. Swami Dharendra Bhrahmachari: YogasanaVijnana, Dharendra Yoga Publications, NewDelhi.
2. Swami Kuvallyananda: Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

2.3.2 Books for references

1. Basavaraddi, I.V & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, NewDelhi,2011.

2. Iyengar, B.K.S.: Light onYoga, Harper Collins Publishers.
3. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.

2.4 YOGA PRACTICUM-IV

2.4.1 Objectives:

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

- Understand the principle and practice of Yogic practices.
- Have an understanding about the practices that help practitioners to lead to meditation.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:Nil		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
		40	10	

Unit-1: Shatkarma [15 Hrs.]

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

Unit-2: Pranayama [15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique3: Alternate Nostril Breathing+Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama

Unit-3: Practices leading to meditation [15Hrs.]

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

Unit-4: Continuous evaluation by the Teachers [15 Hrs.]

TEXTBOOKS

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger,2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; Bihar school of yoga publications; Munger, 2001

2.4.2 Books for references

1. Basavaraddi I.V. & Others: Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S.: Yogic Pranayama, Oriental Paper back, New Delhi.
3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R.: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangalore.
6. Nagendra, H.R.: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangalore.

2.5 HUMAN ANATOMY AND PHYSIOLOGY-2

2.5.1 Objectives:

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

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
80	20			

Unit-1: Cell, Tissue and Muscular-Skeletal system [15Hrs]

Cell structure— Plasma membrane and protoplasm; Cell organelles—Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial—simple and compound; Connective—connective tissue proper, skeletal and vascular; Muscular-Skeletal, involuntary and cardiac; Nervous tissues—Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones—Axial bones and appendicular bones; Types

of joint– Synovial joints and Fibrous joint; Structure of synovial joints; Types of synovial joints; Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

Unit-2: Biomolecules, Digestive and Respiratory system [15Hrs] Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; **Digestive system:** Digestive system of human- Mouth, buccal cavity Pharynx, oesophagus, stomach, largeintestine, smallintestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and undernutrition; Respiratory system of human-Nose, nasalcavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

Unit-3: Cardio vascular system [15 Hrs]

Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and theirimportance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure.

TEXT BOOKS

1. Tor tora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

2.5.2 Reference books:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Lan Peate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce-Anatomy and Physiology for Nurses

2.6 ENVIRONMENTAL STUDIES

2.6.1 Objectives:

Following the completion of these course students shall be able to

- Understand the ecosystem and different type of it.
- Have an idea about the natural resources and understand what is a renewable and non renewable natural resource.
- Have an understanding about different biodiversities and their conservation.

Underst and Pollution and its impact on our health

TotalNumberof Hours:30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/week		2	0	0
SCHEMEOFEXAMINATION				
TotalMarks:50				
Theory:50		Practical: Nil		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
40	10			

Unit-1: Introduction to environmental studies and Ecosystem [7Hrs.]

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: foodchains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem b) Grass land ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-2: Natural Resources: Renewable and Non-renewable Resources [7Hrs.]

Land resources and landusechange; Landdegradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and groundwater, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity and Conservation [7 Hrs.]

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots; India as a mega-bio diversity nation; Endangered and endemic species of India; Threatsto biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity:In-situ andEx-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit4: Environmental Pollution, policies and practices [8 Hrs.]

Environmental pollution: types, causes, effects and controls; Air, water, soil andnoise pollution;Nuclear hazards and human health risks; Solid waste management: Control measures

of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

TEXT BOOKS

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune.361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin,1962), Mariner Books,2002
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China'sFuture.
4. Gadgil, M.& Ramachandra, G.1993.This fissured land: an ecological history of India.Univ of California Press.

2.6.2 Reference books:

1. Gleeson, B.and Low, N.(eds.)1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalayadams. Science 339.6115 (2013):36-37.
3. Heywood V.H.&Watson, R.T.1995. Global Biodiversity Assessment. Cambridge University Press.
4. Mc Cully, P.1996. Silenced rivers: the ecology and politics of largedams. Zed Books.

2.7 BASIC COMPUTER APPLICATION

2.7.1 Course objectives:

- To familiarize with basic concepts of computer and developer tools
- To familiarize with internet concepts, office packages and various advancements in networking.
- To incorporate computing concepts and its application in their core domain of expertise

TotalNumberof Hours:60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/week	0	0	4
SCHEMEOFEXAMINATION			
TotalMarks:50			
Theory:Nil		Practical: Nil	

Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(C T+TA/PR)
0	0	40	10

UNIT I

Introduction to Computer Importance of computer – characteristics of computer - history of computer – generations of computer - types of computer. UNIT II - Hardware Information processing cycle – peripheral - input devices – memory unit – types of memory - output devices – external storage devices – Communication devices - Networks – types of networks – Internet – email

UNIT II

Hardware Information processing cycle – peripheral - input devices – memory unit – types of memory - output devices – external storage devices – Communication devices - Networks – types of networks – Internet – email.

UNIT III

Software Types of software – programming languages – execution modes - Windows - File system - – Graphical applications

UNIT IV - Office Packages

MS word- MS Power point – MS Excel - MS Access – MS Publisher.

UNIT V - Advance Network Technologies

Telemedicine – Multimedia Technology – Image Processing – Computerized data processing – HTML. Recent Advances relevant to the core -course

2.7.2 Reference Books

1. Introduction to computers & Data processing – Shelly, Gray. B
2. Information Technology – Dennis P Curtin
3. An Introduction to Computer Applications in medicine – N.F. Kember
4. Mastering Microsoft office 2007 – Alison Balter’s

3 SEMESTER III

3.1 ESSENCE OF BHAGAVAD GITA

3.1.1 Objectives:

Following 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 Bhaktiyogi.
- Understand the concept of Ahara its role in healthy living

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		3	1	0
SCHEME OF EXAMINATION				
Total Marks:100				
Theory:100		Practical: Nil		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
80	20			

Unit-1: Significance of Bhagavadgita as synthesis of yoga [15Hrs.] Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: asynthesis 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 Sthitaprajnain Bhagavdgita [15 Hrs.]

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: Karmayoga and Bhaktiyoga in Bhagavadgita [15 Hrs.]

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 Bhagavad gita in healthy living [15 Hrs.]

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. Swami Gambhiranand; Bhagavadgita (withGudharthDipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata,2003
3. Swami Ramsukhadas; Srimad Bhagavadgita(SadhakaSanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

3.1.2 Books for reference

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda; Srimad bhgavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divinemessage, Ramakrishna Vedanta Matha, Kolkata,1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata,2000

3.2 YOGA AND HOLISTIC HEALTH

3.2.1 Objectives:

Following 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.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		3	1	0
SCHEME OF EXAMINATION				
Total Marks:100				
Theory:100		Practical: Nil		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
80	20			

Unit-1: CONCEPT OF BODY, HEALTH AND DISEASE [15 Hrs.]

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 to Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana 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 [15 Hrs.]

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 [15 Hrs.]

Dietary regulation according to Hathayoga and Bhagavadgitha; shatkriyas and tatvashuddhi; Asana for mindbody 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 [15 Hrs.]

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, notto the fruits of action, equanimity in success and failure.

TEXTBOOK

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 Devasthanana, Andhra Pradesh.

3.2.2 Reference books:

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

Bangalore,2003

3.3 YOGA PRACTICUM V

3.3.1 Objectives:

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

Total Number of Hours:120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
TotalMarks:100				
Theory:nil		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)	
		80	20	

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 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.

3.4 YOGA PRACTICUM VI

3.4.1 Objectives:

Following 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.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4

SCHEME OF EXAMINATION			
Total Marks: 50			
Theory: NA		Practical: 50	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
		40	10

Unit-1: Bandha

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

Unit-2: 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

TEXTBOOKS

1. Basavaraddi, I.V.& others: Pranayama; MDNIY New Delhi,2012
2. Saraswati, Swami Satyan and: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
3. Joshi, K. S.: Yogic Pranayama, Oriental Paper back, New Delhi,2009

3.4.2 Books for references

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla,2005
2. Nagendra, H. R: The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangalore.
3. Lajpat, Dr.R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon,1996
4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
5. Saraswati, Swami Satyanand: Meditation from Tantras, Yoga Publication Trust, Munger,2004
6. Sarswati, Swami Niranjanan and: Dharana Darshan, Yoga Publication Trust, Munger,2003
7. Krishnamacharya, T: Dhyanamalika, KYM, Chennai,2005
8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger,1998

3.5 BASICS OF DIET AND NUTRITION

3.5.1 Course outcome

On successful completion of course student should be able to

Practice

Total Number of Hours:30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/week		2	0	0
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:50		Practical: Nil		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)	
40	10			

Unit 1: Basic Concepts and Components of Food and Nutrition (10 hrs)

- Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble and Water soluble Nutrients - Sources, Functions and Effects on the Body.

Unit 2: Food and metabolism (5 hrs)

- Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement- BMR, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors affecting energy expenditure in physical activity;

Unit 3- Yogic Concept of Diet (15 hrs)

- General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Yoga Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Importance of Yogic Diet in Yoga Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha.

3.5.2 Reference books:

1. Debruyne, L. K., Pinna, K., & Whitney, E. (2016). Nutrition & Diet Therapy (9th ed.). Boston, MA: CENGAGE Learning.
2. Bendich, A., & Fasn, F. (2016). Mediterranean Diet: Dietary Guidelines and Impact on Health and Disease. (D. F. Romagnolo & O. I. Editors, Eds.). Tucson, AZ: Humana Press.
3. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition Schlenker, E. D., & Gilbert, J. (2015). Williams' Essentials of Nutrition and Diet Therapy (11th ed.). St. Louis, Missouri: Elsevier, Mosby.

3.6 ADVANCE YOGASANA

3.6.1 Course outcome

On successful completion of course student should be able to

- Practice and appreciate the advance yogasanas

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:NA		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)	
		40	10	

Unit 1: Advance Asana (30 hrs):

- Natarajasana, Vrikshasana, Garudasana, Veerasana
- Badrasana, Tolasana, Kukuttasana, Gomuksana, Malasana
- Sirasana, Chakrasana, Vrishchikasan
- Hamsasana, Mayurasana

Unit 2: Advance Pranayama and Kriyas (30 hrs):

- Ujjayi, Bhastrika
- Vyutkarma and shitkarma kapalabhati
- Nauli- vama, dakshina, madhya, and naulichalana

3.6.2 Reference Books

1. Asana, Pranayama, Mudras, Bandha –by Swami SatyanandaSaraswati (2013), Yoga Publication Trust, Munger Bihar.
2. Hatha Yoga Pradipika, Mukthi Bodhananda (2012) – Light on Hatha Yoga, Yoga Publication Trust, Munger.
3. Gheranda Samhita by Swami Digambaraji(1997), SMYM Samiti, Kaivalyadhama, Lonavala-410403.

3.7 SAMSKRITAM

3.7.1 Course Objectives:

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

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Total Number of Hours:60		Theory	Tutorial	Practical
Credits			0	2
Hours/week			0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:Nil		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
		40	10	

Unit-1:संस्कृतभाषापरिचय।

संस्कृतभाषापरिचय, योगशास्त्रकेअध्ययनमंसंस्कृतकामहेश्वरऔरयोगएवंसंस्कृतका

अन्तःसम्बन्ध।

माहेश्वरसूत्र।संस्कृतवर्णमाला,स्वर,व्यंजनवर्णानसहित(रोमनलिपि

मलेखनएवंपठन);वर्णिके

उच्चारणस्थान और अक्षरानुसंधान। प्रत्याहारनिर्माणविधि एवं प्रत्याहारान। कारक,

विभक्ति (सुप्, औषत्, लिङ्ग, वचन, पुरुष, लकार एवं वाक्याङ्गपरचय।

संस्कृतसंख्याएं (एकसेसौ तक)

Unit-2: शब्दरूप।

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वाशब्दकेरूप अथानसहित।

अजन्तशब्दरूप-नदक, भानु, धेनु, मधु, पित, मातृशब्दकेरूप अथ नसहित। सवन बदरूप-

अस्मद्, युष्मद्, तत् (तीनो लिङ्गम),

एतद् (तीनो लिङ्गम), किम् (तीनो लिङ्गम); 4सव (तीनो लिङ्गम), भवत् (तीनो लिङ्गम) शब्द

केरूप

अथानसहित। हलन्तशब्दरूप-भगवत्, आत्मनमन, जगत्शब्दकेरूप अथसहित।

Unit-3: धातप।

भू, अस्, पठ्, मुद्, कृ, लिख्, नम, दृश्, धातुओंके पांचलकार (लट्, लृट्, लङ्, लोट्, लिङ्) मर

रूपान एवं वाक्यनिर्माण अथानसहित।

वद्, गम्, स्था, पा (पिब्) दा, शक्, आप्, च्छ्, धातुओंके

पांचलकार (लट्,

लृट्, लङ्, लोट्, लिङ्) मर

रूपान एवं वाक्यनिर्माण अथानसहित।

का, कथञ्चिन्त, ब्रू, श्रु, नी, याच्, खाद्, शीङ्, धातुओ

ं के पांच

लकार (लट्, लृट्, लङ्, लोट्, लिङ्) मरूपानेव वाक्यनिर्माणे अथरानसहित।

प्रथमद्विके प्रथम एवं द्वितीय अध्यायसे वाक्यनिर्माणे एवं अथरानका अभ्यास।

Unit-4: वाक्यनिर्माणम्।

प्रथमद्विके ततः तृतीय अध्यायसे वाक्यनिर्माणे एवं अथरानका अभ्यास।

प्रथमद्विके चतुर्थ अध्यायसे

वाक्यनिर्माणे एवं अथरानका अभ्यास।

प्रथमद्विके पंचम अध्यायसे वाक्यनिर्माणे एवं अथरानका अभ्यास।

प्रथमद्विके षष्ठ अध्यायसे वाक्यनिर्माणे एवं अथरानका अभ्यास।

TEXT BOOKS

4. Moorty CLN : First Book of Sanskrit, Chaukhabha Sanskrit Series, Varanasi, 2010
5. Max Muller: A Sanskrit Grammar Parimal Publication, Delhi, 2012
6. Goldmom PR: Devavanopraivesika: An introduction to the Sansrit languages, MLBD, New Delhi, 2011

3.7.2 Books for reference

1. Perry ED: A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR: A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

4 SEMESTER IV

4.1 BASIS OF YOGA THERAPY

4.1.1 Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
80	20			

Unit-1: Yogic concepts of health and disease [15Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; 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 healthcare – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriya in Yoga: Role of Shuddhi Prakriya 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-2: Yogic concepts for health and healing [15Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyasa 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: Yogic principles and practices of healthy living [15Hrs.]

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, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Health y living.

Unit-4: Health benefits of yogic practices [15Hrs.]

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

TEXTBOOKS

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

4.2 YOGA TEACHING TECHNIQUE

4.2.1 Objectives:

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

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

Total Number of Hours:90		Theory	Tutorial	Practical
Credits		2	0	2
Hours/week		2	0	4
SCHEME OF EXAMINATION				
Total Marks:100				
Theory:00		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
0	0	80	20	

Unit-1:Principles

and methodsofteachingyoga[15Hrs.] Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyaartha, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit-

2:Basicsofyoga classmanagement[15Hrs.] 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:Lessonplanninginyoga[15 hrs.]

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

Unit-4:Educationaltoolsofyogateaching[15

hrs.] Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Timetable: Need, Types, Principles of Timetable construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

TEXT BOOKS

2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and

ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

4.2.2 Books for reference

3. Dr. Gharote ML: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
4. Dr. Raj Kumar: Principles & methods of Teaching, Printographics, Delhi,
5. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

4.3 YOGA PRACTICUM VII

4.3.1 Objectives

Following 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.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: NA		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		80	20	

Unit-1: Shatkarmas [20 Hrs.]

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

Unit-2: Yogasanas-I [50 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; 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-3: Yogasanas-I [30 Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana,

Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, RajaKapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapadaand DwipadaKandarasana

Unit-4: Teacher's evaluation [20 Hrs.]

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practices 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, ADorling 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

4.4 BASICS OF RESEARCH METHODOLOGY

4.4.1 Objectives

Following 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.

Total Number of Hours: 45	Theory	Tutorial	Practical
Credits	2	0	0

Hours/week	1	0	2
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory: 50		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

Unit-1: Introduction to research methodology [15 Hrs.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit-2: Introduction to Research Process [15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization- Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity

Unit-3: Introduction to Research Design [15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding

Unit-4: Statistics

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change

Unit-5: Reporting Research

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section

TEXTBOOKS:

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

REFERENCEBOOKS:

CRKothari. (2009).Research Methodology:MethodsandTechniques.NewAgeInternational (P) Ltd. Newdelhi.

Zar,J.H.,&Zar.(1999).BiostatisticalAnalysis.Pearson Education.NewDelhi

4.5 FIELD TRAINING I

4.5.1 Objectives

Knowledge:

After the completion of this course, the student shall be able to:

- Understand the yogic line of treatment of a particular disease
- Give yoga therapy module for common ailments
- Understand the condition of a disease and prepare a module based on its Severity
- Have in depth understanding about participant's care and report writing

Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter for various group of patients
- Orientation to counseling of a patient
- Understanding the indication and contraindications of each practices.

TotalNumberof Hours:120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEMEOFEXAMINATION				
TotalMarks:100				
Theory:NA		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)	
		80	20	

Yoga therapy for Non communicable /Lifestyle disorders

4.6 ADVANCE YOGA TECHNIQUES

4.6.1 Course outcome

At the end of the course student should be able to

- Understand the role of Prana and mind on the body and correction and strengthen body, mind and prana

- Explain the significance of advance yoga technique for a particular condition
- Understand and list the benefits and limitations of advance yoga techniques

Total Number of Hours:30		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: Nil		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
0	0	40	10	

Unit 1: Cyclic meditation (CM) (15hrs)

- Introduction to Cyclic Meditation
- Experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- Centering, Ardhakati Cakrasana, Group synchronization, awareness
- Vajrasana, shashankasana and ustrasana with awareness
- IRT, QRT, and DRT with awareness at different levels
- Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation.
- Worksheet writing and correction.
- Class taking by students and correction. Experience writing
- Regular self-practice

Unit 2: Mind sound resonance technique (MSRT) (15 hrs)

- Concept of Mind, Sound and resonance
- Chanting of any mantra in three ways loud voice, low voice and inside the mind and feeling vibrations
- Chanting practice of OM, M, U, A and A-U-M.
- Chanting practice (ahata and ahata followed by anahata) of OM, M, U, A and A-U-M with feeling vibrations from the top of the head to the tip of the toes.
- Tryambaka /Mruthyanjayam Mantra, Full Practice
- Worksheet writing and correction.

- Class taking by students and correction. Experience writing
- Regular self-practice

Unit 3: Pranic Energization Technique (PET) (15 hrs)

- Concept of Prana, types of Pranas, Upa Pranas
- Practice Breath awareness at tip of the nose, complete breath awareness and deep abdominal breathing.
- Awareness practice of pulse, Heartbeat
- Awareness of nerve impulses, with different mudras,
- Awareness of Vyana, Vyana in between hands, Vyana at different parts of the body
- Worksheet writing and correction.
- Class taking by students and correction. Experience writing
- Regular self-practice

Unit 4: Other advance techniques (15 hrs)

4.6.2 Reference Books

4. New Perspectives in Stress Management (SMET) Dr. H R Nagendra, SVYP, Bengaluru.
5. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP, Bengaluru.
6. Pranic Energisation Technique- Dr. H R Nagendra, SVYP, Bengaluru.
7. MSRT – Dr H R Nagendra, SVYP, Bengaluru.
8. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagaratna, SVYP, Bengaluru.

5 SEMESTER V

5.1 YOGIC MANAGEMENT OF NCD's

5.1.1 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.

TotalNumber of Hours:60	Theory	Tutorial	Practical
Credits	4	0	0

Hours/week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory:100		Practical: Nil	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
80	20		

Unit-1:Introduction to common ailmentsand Respiratorydisorders [8Hrs.]Introduction to stress and stress related disorders; Introduction to Yoga therapy–Adhija Vyadhiconcept, 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 [8 Hrs.]

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 [8Hrs.] Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Hypo and Hyperthyroidism: 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 [8Hrs.]

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 perimenopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated p

regnancies:PIH,GestationalDM,Ante-natalcare,Post-natalcare;PCOS:Definition,Etiopathogenesis,Classification,ClinicalFeatures,MedicalandYogicmanagement

Unit-5:Cancer andgastrointestinaldisorders

[8Hrs.]Cancer:causes,types,clinicalfeatures,SideeffectsofChemotherapy,radiotherapy;MedicalandYogicmanagement;**GastroIntestinalDisorders:**APD:IntroductiontoAPD:Gastritis–Acute&Chronic,Dyspepsia,PepticUlcers,ClinicalFeatures,MedicalandYogicmanagement;ConstipationandDiarrhoea:Definition,Etiopathogenesis,ClinicalFeatures,MedicalandYogicmanagement;IrritableBowelSyndrome:Definition,Etiopathogenesis,Classification,ClinicalFeatures,MedicalandYogicmanagement; Inflammatory Bowel Disease, Ulcerativecolitis:Definition,Etiopathogenesis,Classification,ClinicalFeatures,MedicalandYogicmanagement

Unit-6:Musculo-SkeletalDisorders [7 Hrs.]

BackPain;Classificationofbackpain:organicandfunctional:LumbarSpondylosis,Intervertebraldiscprolapse(IVDP),Spondylolisthesis,Spondylitis,Psychogenic-Lumbago,MedicalandYogicmanagement; Neck pain: Classification, Cervical Spondylosis, radiculopathy,Functional neck pain; Medical and Yogic management, All forms of Arthritis: RheumatoidArthritis, Osteoarthritis,MedicalandYogicmanagement

Unit-7:Neurological Disorders [7 Hrs.]

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management,Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebrovascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain;Autonomicdysfunctions:Causes,clinicalfeatures,MedicalandYogicmanagement;Parkinson'sdisease: Causes,clinical features,MedicalandYogic management

Unit-8:Psychiatricdisorders [7Hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxietydisorders:Generalisedanxietydisorder,PanicAnxiety,ObsessiveCompulsiveDisorder,Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, MedicalandYogic management;Psychosis:Schizophrenia,Bipolaraffectivedisorder,MedicalandYogicmanagement

TEXT BOOKS

1. Ramesh Bijlan: BacktoHealthThroughYoga,Rupa PublicationsIndia Pvt.Ltd,2011
2. MDNIYpublications: 10Booklets, YogaTherapySeries,MDNIYPublications,NewDelhi,2009
3. ReddyMVenkata&others:YogicTherapy,SriM.S.R.MemorialYogaseries,ArthamuruA.P.,

2005

4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati: Yoga and Cardiovascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback-Sep 9, 2004) Sparrowe, L., Walden, P. and Lasater, J.H.: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback-Dec 3, 2002) - Dec 23, 2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback-Dec 3, 1992)
4. Nagarathna R and Nagendra H.R.: Yoga for Arthritis, Backpain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

5.2 APPLIED YOGA

5.2.1 Objectives

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
80	20			

Unit-1: Yogic Health for 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; 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 [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; 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 [15 Hrs.]

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 [15 Hrs.]

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 review on Yoga & Geriatric care

TEXT BOOKS

1. Jayadev HJ: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark: Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani: Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyengar B K S: The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

2. Basavaraddi IV : Yoga: Teachers manual for school children, MDNIY New Delhi, 2010
3. Basavaraddi IV: Yoga in School Health, MDNIY New Delhi, 2009 Iyengar BKS: Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
4. Basavaraddi IV : Yoga for Technostress, MDNIY, New Delhi, 2010
5. Dr. H K Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
6. Basavaraddi IV : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

5.3 YOGA PRACTICUM VIII

5.3.1 Objectives

Following 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.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: NA		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		80	20	

Unit-1: Bandha and Mudras

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha YogaMudra,MahaMudra, ShanmukhiMudra,ShambhaviMudra,KakiMudra, Tadagi Mudra,VipareetKarniMudra,SimhaMudra

Unit-2:Pranayama

Nadi Shodhana pranayama,Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama ,UjjayiPranayama,SheetaliPranayama,ShitkariPranayama,BhastrikaPranayama,

Unit-3:Practiceleadingtomeditation

Pranava and Soham Japa, Antar mouna, Dharana, Pracice ofDhyana, Breath Meditation, OmMeditationVipassanaMeditation ,Preksha Meditation

Unit-4:ContinuousevaluationbytheTeachers

TEXT BOOKS

1. SwamiKuvalyananda:Asana,Kaivalyadhama,Lonavla,1983
2. SwamiSatyanandaSaraswati:Asana,Pranayama,Bandha,Mudra,BiharSchoolofYoga,Munger, 2005-06

REFERENCE BOOKS

1. Iyengar,B.K.S.:LightonYoga,HarperCollinsPublishers,2009
2. Sen GuptaRanjana:B.K.S.IyengarYoga,ADorlingKindersleyLimited,2001
3. Saraswati,SwamiSatyananda:SuryaNamaskar,YogaPublicationTrust,Munger,2004
4. Tiwari,O.P.:AsanaWhyand How?Kaivalyadhama,Lonavla,2011

5.4 SUMMER INTERNSHIP

5.4.1 Objectives

- It provides an opportunity to the new instructors to work alongside with the experts
- Helps in understanding the capabilities and limits of the body of each individual.

Total Number of Hours:120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
Total Marks:100				
Theory:NA		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
		80	20	

Students can approach nearby yoga center/ school/ institute for the internship.

5.5 FIELD TRAINING II

5.5.1 Objectives

Knowledge:

After the completion of this course, the student shall be able to:

- Understand the yogic line of treatment of a particular disease
- Give yoga therapy module for common ailments
- Understand the condition of a disease and prepare a module based on its Severity
- Have in depth understanding about participant's care and report writing

Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter for various group of patients
- Orientation to counseling of a patient
- Understanding the indication and contraindications of each practices.

Total Number of Hours:120	Theory	Tutorial	Practical
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Credits	0	0	4
Hours/week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: NA		Practical: 100	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)
		80	20

Yoga therapy for Non communicable /Lifestyle disorders

6 SEMESTER VI

6.1 YOGA PSYCHOLOGY

6.1.1 Objectives

At the end of the course student should be able to

1. Understand the basics of psychology
2. Apply the aspects of psychology in Yoga teaching

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits	4	0	0	0
Hours/week	3	1	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)	
80	20			

Unit-1: Human psyche [15 Hrs.]

The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behaviour; Counselling; Personality development; Counselling; Methods of counselling; Skills of counselling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counsellors.

Unit-2: Psychic forces, conflicts and frustrations [15 Hrs.]

Psychic forces and human behaviour, behaviour and Consciousness, States of Consciousness, Psychological basis of behaviour; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Unit- 3: Mental Processes, Motivation, Emotions and Intelligence [15 Hrs.]

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

Unit-4: Yoga Psychology [15 Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts

6.1.2 Referance books

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

6.2 FIELDWORK

6.2.1 Objectives

- To demonstrate the yoga practices for the group
- To teach the yoga classes for the group

TotalNumberof Hours:120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEMEOFEXAMINATION				
TotalMarks:100				
Theory:NA		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	InternalAssessment (CT+TA/PR)	
		80	20	

During this period student shall get an opportunity of teaching yoga to nearby villagers or school children, weekly four hours.

6.3 PROJECT / DISSERTATION

6.3.1 Objectives

- To acquire the knowledge about the components of the project work
- To develop the skill of report writing

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: NA		Practical: 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		80	20	

Planning the project

Background work

Literature review

Commencement of the project

Data collection

Report writing and submitting

6.4 FIELD TRAINING III

6.4.1 Objectives

Knowledge:

After the completion of this course, the student shall be able to:

- Understand the yogic line of treatment of a particular disease
- Give yoga therapy module for common ailments
- Understand the condition of a disease and prepare a module based on its Severity
- Have in depth understanding about participant's care and report writing

Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter for various group of patients
- Orientation to counseling of a patient
- Understanding the indication and contraindications of each practices.

TotalNumberof Hours:120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/week		0	0	8
SCHEMEOFEXAMINATION				
TotalMarks:100				
Theory:NA		Practical: 100		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+T A/PR)	
		80	20	

Details of clinical department training

Yoga therapy for Non communicable /Lifestyle disorders

7 VALUE-ADDED COURSES

7.1 SOOKSHMA MEDITATION FOR HEALTH AND WELLNESS

7.1.1 Objectives

- To understand the diferent types of meditation practices
- To practice the Sookshma meditation for wellbeing

TotalNumberof Hours:45	Theory	Tutorial	Practical
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Credits	0	0	2
Hours/week	1	0	2
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory: NA		Practical: 50	
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)
		40	10

1. Introduction to Yoga-2 hr

- Definitions, Aim and Objectives of Yoga
- 4 paths to Yoga and Ashtanga Yoga

2. Introduction to Meditation -Dhyana-2hr

- Definitions, Aim and Objectives of Meditation
- Types of Meditation
- Meditation as a path of Yoga- Genesis of Meditation

3. Concept of Sookshma Meditation -2hr

- Sthoola, Sookshma, Karana, MahaKarana Sareeras
- References to Sookshma in ancient texts

4. Concept of wellness, disease and Meditation therapy- 2hr

- Stress and its impact on Wellness
- Concept of Meditation therapy

5. Evidence based Meditation –Meditation as a therapy-2hr

- Current research on Meditation-Neuroscience, Psychosomatic, Physiological changes, Biomarkers.

2.2. Practical (20 Hours)

1. Practice Manda smitha Smile

2. Concentration and Focus Exercise:

- Walking with the weight on head

- Walking on the Toes
- Walking like a Penguin
- Walking like a Penguin -Reverse
- Knee alignment Walk

3. Energizing Exercises:

- Moving Warrior-Virabhadrasana
- Left brain and Right brain exercise
- Pull the energy

4. Physical Balance Exercise:

- Heart Circles standing on One Leg-Clock Wise
- Heart Circles standing on One Leg-Anti-Clock Wise
- Tree Posture(Vrikshasana) –with Right Leg
- Tree Posture(Vrikshasana) –with Left Leg

5. Emotional balance Exercises:

- Scrunch and Smile
- Open and Close door-Knee Lock exercise
- Reach the Sky and Stretch on one leg-Right side
- Reach the Sky and Stretch on one leg-Left side

6. Tension relief Exercises:

- Press the Temples
- Press the Forehead
- Press the Sides
- Press the Back of head
- Press the Back of neck
- Chin Press
- Scissors under Ears

7. Breathing Exercises:

- Blow the Stress
- Pull the Chin
- Three Controlled Exhalations
- Munching the Air balls
- Nadi Sodhana- Alternate Breathing from Right and Left Nostrils

8. Self-Compassion Exercises:

- Tapping the Body
- Rubbing the Body
- Hug for Self-love and Promise

9. Sookshma Meditation-Deep relaxation and stillness meditation

10. Shanti Mantras

7.1.2 Referance books

Ancient sage

7.2 INTRODUCTION TO AYURVEDA

7.2.1 Objectives

To appreciate the basic concepts of Ayurveda

To understand the practices of Ayurveda

Total Number of Hours:60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory:50		Practical: 00		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)	
40	10			

Introduction to Ayurveda (30 hrs.)

Unit 1: Introduction to Ayurveda (10 hrs)

- Definition of Ayurveda, Different types of Ayu and chronology of Ayurveda.
- Panchmahbhutas (the five elementary theory)
- Concept of Doshas, Dhatus, Malas, Agni, and ama.
- Concept of Traya Upasthamba.

Unit 2: Basic principles of Ayurveda (20 hrs)

- Concept of Dincharaya & Rutucharaya
- Concept of Prakruti (Sharirik Prakruti, Manasika Prakriti)
- Concept of Chikitsa, Concept of Chikitsa chatushpada
- Concept of health and disease
- Concept of health according to sushruta.
- Concept of disease and its classification
- Panchakarma and its procedures.
- Concept of Pancakarma in managing a disease.

7.2.2 Reference books

7.3 VEDIC CHANTING

7.3.1 Course Objectives

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

- Make the students recite the Vedic hymns skillfully.
- Understand the meaning of the vedic mantras.
- Understand the basic principles of the vedic chanting.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 00		Practical: 50		
Final Exam(SEE)	Internal Assessment(CT+TA)	Final Exam(SEE)	Internal Assessment(CT+TA/PR)	
		40	10	

Vedic Chanting:

1. DaSa Sänti mantras
2. Brguvalli
3. Prayers of the Practices
4. Chanting of the Compiled shlokas from Bhagvad Geeta: on 4 Paths of Yoga: Jnana Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga.
5. Recitation of the selected shlokas from the
 - Devotional Music
 - Bhajans, dhuns, nāmāvalis, prayers and group singing of Bhajan

7.3.2 Text Book:

VYASA Puñpājali, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha,

Kolkata, 1990

